

Resource 6a.

Anger and Assault

It was just one punch!

Dave slept late again - he hadn't heard his alarm clock. He was angry with himself for playing his Xbox until late and he would miss the bus. He dressed quickly and ran down the stairs to the kitchen. His mother had his breakfast ready but she was not happy with him because he was always late for his food. Once again she told him off and this annoyed Dave even more. He rudely told his mother that he didn't want her food and slammed the door behind him as he left.

He reached the corner of the street to see the bus moving off. This meant he would definitely be late for college, even if he ran most of the way. The thought of getting into trouble again annoyed him even more; in fact he was becoming angrier with every step he ran.

Mr Solomon, his Physics teacher, saw him arriving late and was not pleased because he was anxious to get his lesson under way. "David Brown!" he shouted, "Late again you lazy individual! What will become of you? What have you to say for yourself?" and without waiting for an answer he added, "I've had enough of this, I'm sending you to the Principal to review your place on this course. What have you got to say for yourself?"

Again without waiting for an answer he shouted, "This will be the only way you will learn!"

Dave was very annoyed, he felt hard done by and under his breath commented, "I doubt it, I'm not going anywhere."

"What did you say?" asked Mr Solomon?

"I said stuff you and your stupid course, you can't make me attend any review!" responded Dave, becoming angrier still.

"Come with me at once to the Principal's room", said Mr Solomon grasping his elbow.

"Get off me you stupid fool!" shouted Dave and threw a punch at Mr Solomon.

Consider your answers to the following questions:

1. What were the trigger points for Dave's violent outburst?
2. How might Dave and Mr. Solomon have responded in a better way?
3. What advice would you give Dave to help him cope with his anger?



Anger and Assault

Angela's a snob!

Angela was talking to a friend on her mobile. She took a short cut through the park to reach the shops on High Street where she was to meet her friend Rani. Winter Lane, where she lived, was often thought of as the posh of part of town and some of Angela's class did not like the girls who lived there, not that they had any real cause for this feeling.

Stacey was one of the girls who said she did not like the residents of Winter Lane. She lived near the shops on High Street and had lots of friends living close by. When Stacey saw Angela approaching she shouted out, "What are you doing on my street? You don't belong here! You stupid snob!" "Leave me alone", said Angela, "I'm just going to the shops and I have a perfect right to walk here, you can't tell me what to do! Anyway, you are the stupid one".

Stacey became angrier when she was called stupid and demanded, "What did you call me? You know I don't like you and your kind in my area. Now go home you posh cow!" Angela was frightened, but stuck to her guns, "You can call me names if you like but you cannot stop me from walking on this street. I'll call the Police if you try!"



Stacey who had a short temper began to see red. She ran up to Angela screaming, "I'll get you!" She grabbed her hair and pushed her in the back. Angela tripped on the kerb and fell to the ground. "Now listen", said Stacey standing over her, "Go away and don't come back or you'll get more."

Angela looked at her bleeding hand and the shattered mobile on the pavement.

Consider your answers to the following questions:

1. What were the trigger points for Stacey's violent outburst?
2. How might Stacey and Angela have responded in a better way?
3. What advice would you give Stacey to help her cope with her anger?

Anger and Assault

Football fever!

James was already late as he had stayed behind after club. He was practising his penalty kicks for the footie final when he received a text message on his mobile phone. The text message read, 'match changed 2 next Tues'. James had been looking forward to the final for several weeks and knew that he would now miss the final as he was away on holiday next week. In his temper James threw his mobile phone as hard as he could onto the floor smashing it. James slowly bent down and picked up the pieces of the mobile phone which lay on the ground in several pieces. The phone was damaged beyond the point of repair and the realisation of what he had done made James shout out "Argghh!!!!"

James began to walk home slowly; he was very annoyed with everything. He knew he would be in trouble because his Nan had bought him the phone for his birthday.

James eventually arrived home and was met at the bottom of the drive by his mother who asked, "Where have you been? I've been worried sick; I was just coming to look for you!" James replied, "Leave me alone! Stop fussing!" James' mother said, "I've been trying to get hold of you on your mobile. Why didn't you call me to say you'd be late?"

James did not answer his mum but reached into his pocket and pulled out the smashed bits of his mobile phone which he placed on the garden wall. James' mother asked, "How an earth has this happened?" "I dropped it," replied James. "Don't lie to me James" said his mother in a raised voice. James replied, "I've had enough of you, I just want to be left alone!" With this, James ran past his mum up the drive and into the house, slamming the front door behind him.

Consider your answers to the following questions:

1. What were the trigger points for James' violent outburst?
2. How might James and his Mum have responded in a better way?
3. What advice would you give James to help him cope with his anger?

