



Etone College
PROGRESS FOR ALL

Etone Mental Health

Connect - Give - Be Active - Keep Learning - Take Notice

Parent's Guide to Anger

What is anger?

Anger is a normal and healthy reaction when things don't go the way we expected, life feels unfair or people upset or hurt us. It can be a helpful thing - letting us know that something is wrong or not okay with us. It's normal for children and young people to find it difficult to manage their angry feelings sometimes.

Anger only becomes a problem when it gets out of control and harms you or people around you. This can happen when:

- you regularly express your anger through unhelpful or destructive behaviour
- your anger is having a negative impact on your overall mental and physical health
- anger becomes your go-to emotion, blocking out your ability to feel other emotions
- you haven't developed healthy ways to express your anger

Symptoms of anger

Anger can cause many different symptoms. It might affect how you feel physically or mentally, or how you behave. Some people become aggressive towards others when they're angry. Other people hide their anger and may take it out on themselves. It's not always easy to recognise when anger is the reason why you're behaving differently.

Physical symptoms

- faster heartbeat
- tense muscles
- clenching your fists
- tightness in your chest
- feeling hot

Mental symptoms

- feeling tense or nervous
- being unable to relax
- being easily irritated
- feeling humiliated
- resenting other people

Changes in behaviour

- shouting
- ignoring people or sulking
- starting fights
- breaking things
- self-harming



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Underneath these behaviours, a young person who seems very angry may also be feeling things like fear, stress, sadness, hurt or worry – or might be struggling to cope with a difficult experience at school, at home or in another part of their life that they feel unable to talk about.

Talking to your child about how they're feeling can be tough, especially if you're concerned that they're having a hard time. You might not know what to say, or feel worried about how your child will react. It doesn't matter what topic the conversation starts with – it's about the opportunity it gives you to talk about feelings and provide comfort.

Here are some things you could ask to get the conversation started:

- What was the best bit of your day?
- What was the worst bit of your day?
- What did you do today that made you proud?
- How are you feeling?
- What would you like to talk about?

If your child is having a hard time, you can try to find out how they'd like to be supported by asking gentle questions like:

- How can I support you through this?
- Do you want to talk about what's going on?
- Is there anything you need from me? Space, time to talk, time to do something fun?
- What was the biggest problem you had today? What helped?

Support available at Etone College

Students can access support through various channels at Etone College. They are able to speak with their Heads of House to ask for a referral to the Success Centre. There is also lots of signposting of support around the school with the contact details to various local and national support groups and charities.

Anger Management support

The Success Centre offer group sessions for students who may need support managing their anger. Students will complete various activities with a member of staff to help reduce feelings of anger and try different strategies to manage their feelings