

# **All the RAGE** Registration & Information

Name

Address

Phone

Fax

Email

- Register me for the next session of "All the Rage." (For information about cost, date, and location of the next session, contact [voices@courageforyouth.com](mailto:voices@courageforyouth.com) Please enclose payment with your registration.)

- Cash       Cheque       Other

## *The Goals of "All the Rage" Discussion Circles*

- To provide a forum to educate parents/adults about RA and to expose adults to RA resources that will help them raise their children.
- To create a structure for connections between parents/adults and to discuss healthy decision-making relative to RA.
- To help parents/adults acknowledge the challenges faced by children today—the hidden culture, the escalating rise in aggression, and the consequences—and how they differ from their own adolescent experiences.

## **All the RAGE** Next Session

*When...*

*Where...*

*Cost...*



*Creating a Safe Culture for Teens*

[www.courageforyouth.com](http://www.courageforyouth.com)

## *Relational Aggression*



*So ... what's the big deal?*

## **All the RAGE**

*How We Hurt Each Other*

*An Adult Discussion Circle Presented by*



*Creating a Safe Culture for Teens*

## What's Relational Aggression?

RA (Relational Aggression) is aggression expressed relationally. Both boys and girls engage in aggression, but most girls express aggression relationally. They:

- use relationships to inflict harm.
- manipulate relationships with their peers.
- injure others' feelings of social acceptance.



## Examples

- Purposefully ignoring someone.
- Spreading rumours.
- Telling peers not to associate with a certain person as means of retaliation.

## Consequences

- Both victims and aggressors are at risk for serious adjustment problems that can have far-reaching effects on their lives, including depression and suicide.
- RA can create a hostile social environment in school settings, affecting children's ability to learn and grow.

*If you're a teacher, counsellor, parent, youth leader, coach, community leader, or just someone who cares about kids...*

*"All the Rage" is for **YOU!***

## All the RAGE Adult Discussion Circle on RA

The program consists of five weekly discussion sessions on topics related to RA. The sessions run 90 to 120 minutes each.

1. How does it work?
  - Defining RA and understanding the language of RA.
2. Who's involved?
  - The three roles in RA: the aggressor, the kid in the middle and the victim.
3. What's the big deal?
  - The seriousness and potential consequences of RA.
  - Recognizing the danger signs.
4. How can we help?
  - Filtering the media impact on children's thoughts and behaviour.
  - Developing skills to empower the victim and the kid in the middle to diffuse RA situations.
5. What's our job?
  - To consider the connection of a healthy home/school environment to strong interpersonal relationships and good decision-making.
  - To consider various parenting styles and their impact on children.



## Who is Courage for Youth?

Courage for Youth (CFY) Association is a non-profit organization dedicated to creating a culture that supports, nurtures and protects young people. Instead of focusing on problems, CFY proactively fosters courage and wise decision-making based on sound values.

CFY offers programs, creative workshops, and discussion groups for both adults and young people.

The Board includes professionals and counsellors who ensure CFY's activities are consistent with its goals and values.

The goals of CFY:

- To develop an organization that attracts, supports and utilizes the talents, wisdom and expertise of our community to create a safe, healthy social climate for youth and families.
- To present programs for adults and young people that raise awareness of the challenges faced in today's media-drenched culture, particularly those related to peer aggression.
- To partner with schools and community organizations to create a safe social climate in our schools and positive, systematic change in the social culture of youth.