

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Managing Anger and Aggression

Unit Reference Number: Y/615/6672

Level: Level One (1)

Credit Value: Two (2)

Minimum Guided Learning Hours: 18

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know the causes and consequences of anger and aggression	1.1 Define the emotion of anger
	1.2 Give examples of how anger may be expressed
	1.3 Outline why situations may develop to include aggression in relation to: a) Self b) Others
	1.4 Outline situations that may trigger anger and aggression in relation to: a) Self b) Others
2. Know about the impact of anger and aggression	2.1 Identify the effects and consequences of anger and aggression
	2.2 Describe the impact of anger and aggression in general society
3. Know how to avoid conflict by changing own behaviour	3.1 Outline the importance of monitoring behaviour and feelings in avoiding conflict
	3.2 Outline examples of coping strategies for managing behaviour

3.3 Give an example of a situation where the use of conflict management skills has improved own behaviour and avoided conflict