

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Managing Anger and Aggression

Unit Reference Number: J/615/6716

Level: Entry Level Three (3)

Credit Value: Two (2)

Minimum Guided Learning Hours: 20

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know the causes and consequences of anger and aggression	1.1 Give examples of how individuals express the emotion of anger
	1.2 State why situations may develop to include aggression
	1.3 List situations that may trigger anger and aggression
2. Know about the impact of anger and aggression	2.1 List the effects and consequences of anger and aggression
	2.2 State the impact of anger and aggression on an individual
3. Know how to avoid conflict by changing own behaviour	3.1 State the importance of withdrawing self to avoid conflict
	3.2 Give an example of own behaviour change to avoid conflict
	3.3 State how to restore calm in self and others in conflict