Aggression

Physically aggressive behavior is common among small children. When frustrated or angry, toddlers may act out. Often, they will push, bite, or hit. Most children show less physical aggression as they grow up. Their language and interpersonal skills improve, too. But, a history of aggressive behavior from an early age is a sign of a problem. This behavior can lead to aggression and delinquency in an adolescent and an adult.

SYMPTOMS

Aggressive behavior can take many forms. A person showing aggressive behavior may:

- Push, hit, slap, bite, kick, hair-pull, stab, shoot, and rape.
- Threaten or bully others.
- Gossip, spread rumors, and encourage others to reject or exclude someone.

PREVENTION

Teens can learn to prevent aggression and violence. They should:

- Respect others and value differences.
- Not bully, tease, spread gossip about others, or threaten others in any way.
- Get involved in school and community. Be active in sports, music, after-school programs, community groups, or volunteer work.
- Talk with an adult when they are sad, depressed, fearful, anxious, or angry. A parent or other family member, counselor, teacher, or coach can help them. They should ask for advice if they are having trouble paying attention at school or are getting into arguments.
- Avoid alcohol and drugs.
- Learn ways to deal with disagreements without aggression. Use techniques such as conflict resolution.
- Not carry weapons.
- Tell a trusted adult about anyone planning to hurt someone else.
- Join efforts to stop violence in school or community. Or, start their own program.

This information is courtesy of the Centers for Disease Control and Prevention, a branch of the Department of Health and Human Services.

Document Released: 10/14/2008 Document Re-Released: 03/14/2011
ExitCare® Patient Information ©2011 ExitCare, LLC.