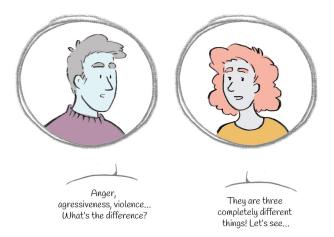
# Anger, Aggressiveness and Violence : How to tell them apart?

The Hommes & Gars and Accalmie workers can help you see things more clearly



### Warning

The following theme addresses the many forms of violence and how they manifest themselves.

Remember that you are never alone.

There are resources available to help you or a loved one. Some of these are listed at the end of this document.



### Anger, Agressiveness and Violence : How to find your way



# Anger

Anger is a healthy emotion felt when you experience dissatisfaction or when a need (desire, expectation, etc.) is not met.

It is a normal and inevitable emotion just like joy, sadness or fear. All human beings experience these emotions at some point. It can even be a way to assert yourself.

Anger mobilizes energy as much from our body (visible physical reactions) as from our thoughts.



#### Examples :

Clenched fists, grit one's teeth, turn red, feeling a lump in your throat, pacing back and forth, etc.

To be furious, disgusted, impatient, upset, etc...

# Agressiveness

Aggression is an energy; a drive triggered by a strong emotion.

It can be positive or negative. It all depends on the emotion driving it.



Aggression is negative when this tremendous energy is released in a way that harms oneself, those around us, or our environment.

For example, slamming the door when we are furious!



Any form of aggression without respect often transforms into violence.

# Violence

# Violence is the use of power or force to control a person.

It's forcing someone to do something they don't want to do; to meet their own personal needs or desires, without any consideration for the other person.

It involves a relationship with another person. It is intentional and the goal is to dominate.

There are different forms of violence: Physical, Psychological, Verbal, Economic, Sexual and Cyber.

#### Examples :

Controlling behavior, throwing objects, hitting, insulting, threatening texts, forcing someone to bend to their sexual fantasies, deciding the purchases and expenses for someone, mistreating animals, etc.



# Anger, Agressiveness, Violence : In one word





# AG<mark>GRESSIVENE</mark>SS

Energy



#### Get a better picture : An example to distinguish anger, agressiveness (negative & positive agression) and violence.



Julianne and her team just lost an important soccer match. The game went badly; everyone is disappointed and tired. It was tight and the referee was not attentive to the opposing players cheating during the game.

Anger	Julianne and her team are very unhappy. Tensions are running high. Julianne, the captain of her team, allows each player to express themselves before they leave. If it happens again they will ask for a 'time out' to regroup. Everyone seems satisfied by this proposal and the tension dissipates.
Positive Agression	Julianne encourages all the players on her team to try harder for the next game! They are going to revise their stategies and add-on an extra pratice. They are going to work together and motivate each other in the future.
Negative Agression	Julianne and her team resent the referee and think he's incompetent. They are convinced that they lost the game because of him and are really frustrated. One of the players kicks the ball as hard as she can. It's obvious that the team is in low spirits.
Violence	The team talks bad about the referee, loud enough for him to hear. When the time comes to shake hands at the end, one player trips a girl from the other team and makes her fall. The player is immediately expelled for the rest of the season.

#### Get a better picture : An example to distinguish anger, agressiveness (negative & positive agression) and violence.



#### Maxime and Noémie's movie night !

Noémie didn't show up at Maxime's or text him to give him a head's up either. He tried to reach her many times, but no response. It's so frustrating; they were supposed to watch a movie together...

Anger	Maxime doesn't know what's going on. He is upset and paces back and forth. He ends up spending the night alone when he could have gone out with his friends instead of waiting around. Despite being annoyed, he thinks of how he will bring it up with her when he gets the chance.
Positive Agression	Maxime goes for a walk to let off some steam. He is worried by the situation. He thinks that Noémie must have a good reason for not giving him any news. He decides to just do something else at home to pass the time.
Negative Agression	Maxime is beside himself. He is even considering a breakup. He does not tolerate this kind of behaviour. He slams his bedroom door in a rage and texts Noémie to tell her that he's just wasting his time with her.
Violence	Maxime thinks that she's with someone else and gets jealous. Even if that has never happened before, he doesn't trust her. His texts to Noémie become more and more threatening. He is going to make her pay, she's not going to get away with this

## Anger, Aggressiveness, Violence: **A summary**



that are elements to be careful of.

In any situation, remember that yoo are not alone. There are people from yoor community that can guide yoo and help yoo understand. The resources on the next page can help yoo!



# **To see more clearly** in your own relationship



Preserving our past, building our future





TEL-JEUNES

### Jeunesse, J'écoute 🙂



People you trust in your entourage, the school personnel, and all these organizations are there to support and inform you, anytime.

Maison des jeunes L'Hav-nir 418 937-2597

Maison des jeunes des Iles 418 986-4080

Maison des jeunes de l'Est 418 985-2999 L'Accalmie 418 986-5044

Hommes & Gars 418 986-1811 Jeunesse, J'écoute 1 800 668-6868

> Tel-jeunes 1 800 263-2266

SOS Violence conjugale 1 800 363-9010

CAMI 418 985-2116

This information document was created as part of the **À part entière**, awareness campaign, a collaboration between La Maison d'aide et d'hébergement L'Accalmie, the Hommes & Gars organization and CAMI (Council for Anglophone Magdalen Islanders).

Illustrations and layout - Alexandra Dion-Fortin

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# Equality among partners is each of us, in our own right !