

# TIPS FOR MANAGING ANGER IN TEENAGERS



Do not try to control them forcefully.



Explain while talking to them in a mature way.



Give them space and respect their privacy.



Understand their emotions and feelings.



Do not criticize them overly.



Be aware of when to take a step back.



Spend some quality time with them.



Help them develop coping skills.



# Anger And Anger Management Teen Mental Health

**JR Anderson**



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