

Aggression Replacement Training Program

Children and adolescents ages 3 through 18 with aggressive behavior and/or social skill deficits



ART teaches aggressive children and adolescents:

- Effective interpersonal skills
- Anger management techniques
- Moral reasoning strategies

Results



Statistically significant changes have been noted in:

- increased prosocial behaviors,
- better anger management, and
- reduced criminal recidivism.

The Program

Aggression Replacement Training (ART) is a violence prevention program that has been in operation for over ten years both in the US and abroad. The ART curriculum is a three-pronged approach to replace aggressive behavior with socially acceptable responses. *Skillstreaming* teaches interpersonal skills to deal effectively with anger-provoking events. *Anger Control Training* teaches youth self-control strategies. *Moral Reasoning Training* promotes socio-moral reasoning through social decision-making meetings, a feature distinguishing ART from other violence prevention programs.

Training on each of the three components runs concurrently for an hour a day, lasting approximately ten weeks. Depending on the setting, ART may be conducted as a pull-out or integrated program. Parent involvement ranges from mandatory participation (separate parent training packages are available) to daily homework-based contact. ART has been implemented in a variety of settings including an alternative school, a community agency, a neighborhood center, a residential school, and a school district.

Professional Development

Two-day workshops are available for teachers, guidance counselors, delinquency workers, and for future trainers. Groups may range in size from 15 to 1,500 participants and school districts are encouraged to combine resources. A videotaped series (6 tapes) and two professional books may also be ordered from Research Press.

Costs & Funding Options

Each workshop costs \$6000 (travel and lodging included). Materials for the workshops cost a one-time \$32 per participant. Follow-up trainings are optional. The videotaped series costs \$495, and the two recommended books (Aggression Replacement Training & The Prepare Curriculum) cost \$24.95 and \$39.95, respectively. Funding may be solicited from Federal Safe-School and Drug-Free Schools grant monies.

Learning Standards

Health, Physical Education and Home Economics: 2) acquire the knowledge and ability necessary to create and maintain a safe and healthy environment; 3) understand and be able to manage their personal and community resources.

Contact

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