

# The Proactive Education Group

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ropkids

Rape Wise  
are you rape wise?

rop teens

## **The Hidden Rage workshop**

**Anger management, incorporating strategies for helping the volatile, impulsive and aggressive learner**

**Working to eradicate conflict amongst peers**

**Presented by John Buswell**



***STRESS GENERATES RAGE AND RAGE GENERATES VIOLENCE***

Hidden Rage was presented at venues across South Africa

Schools may book this workshop for their educators at a cost of a R150.00 per delegate.

Please e-mail: [admin@rapewise.co.za](mailto:admin@rapewise.co.za) to book your date or contact our offices on 031 5726690

## **Background**

Hidden in every classroom, amongst familiar faces and personalities, sits a child engulfed by rage

These children could be pushed over the edge of sanity by a variety of circumstances, perhaps the breakdown of family relationships, poverty, stress or unfair treatment at school, bullying and often just a pile up of several different problems.

**Stress generates rage and rage generates violence.** Pushed beyond breaking point, the learner sometimes lashes out randomly at who ever happens to be at hand, perhaps an educator or a group of learners – this could result in death!

## **Tuesday: 20 November 2012 – Vosloorus Gauteng**

On Monday afternoon, a Grade 11 pupil came home angry and humiliated. The 18 year old was bare-chested and barefoot. His school bag and cell phone were gone. He was in tears as he entered his Vorloorus home in Ekurhuleni.

He had fallen victim to the gang that ruled his school, Phineas Xulu Secondary. They had chased him, pelted him with stones and then robbed him of everything except his pants.

His mom consoled him as she prepared to report for duty as a constable at the Vosloorus police station. She returned at the end of her night shift and went to bed only to be woken up a couple of hours later by her armed colleagues swarming into her house wanting to arrest her son.

Grade 10 pupil Nkululeko Ndlovu, 18, had been shot dead. Her son was the prime suspect – and they said he had used her service pistol to kill his tormentor.

Yesterday, the softly spoken 36-year-old officer was in shock. "I am hurt about what happened to my baby. I am very concerned about his future. He never mentioned bullying to me before; he was very quiet and does not like to complain."

Ndlovu had been sitting in a classroom waiting to write an exam when he was shot. Yesterday, no one was prepared to shed a tear for him. The general feeling was that he got what he deserved.

One teacher was even overheard saying "minus one problem." Other teachers conceded privately that he had scared them too. His classmates at the school all knew he was a bully, preying on the other children with his gang, taking money from pupils, demanding their cell phones and even their school caps.

"We are relieved that he is dead, we will now eat our food and spend our money," a pupil said yesterday.

Ndlovu was expelled from a Boksburg school two years before – after ignoring three warnings to change his ways.

**(Botha Molosankwe and Sapa)**

# **Hidden Rage workshop content**

## **Section 1**

1. Understanding the factors that most influence impulsive and aggressive behaviour
2. Developing a strategic intervention model when dealing with an angry child (Parent, classroom and informal activities)
3. Identifying the symptoms of Hidden rage: Physical, Psychological, cognitive and the use of art and written threats
4. Dealing with an angry parent/caregiver  
The 10 Golden rules for health care providers, councillors', educators and school management

## **Section 2**

1. Learning to re direct behaviour that can threaten the safety of an angry child or others
2. Teaching children and teens long term skills of impulse control
3. Learn prevention and intervention techniques that are effective in different settings
4. Develop a peer confrontation strategy for your colleagues and the work place