

# How To Control Teenage Aggression?

Encourage open communication about their feelings and listen without judgment



Teach them healthy coping skills such as deep breathing, counting to ten, or walking away in the moment of anger



Set clear rules and consequences for aggressive behavior and ensure follow-through



Model healthy behavior and try to manage your emotions to show how to handle difficult situations without aggression



Encourage physical activities to channel their energy into something productive



Seek professional help to find healthier and better coping mechanisms

