

STRATEGIES FOR PROVIDERS TO IMPLEMENT WHEN ASSISTING GIRLS WITH ANGER

Strategies are carefully thought out processes used to enhance the effectiveness of how one does their job or interacts with a client. Below are eight strategies, specific to girls, which providers can employ in their efforts to serve girls.

STRATEGY	EXPLANATION
1. Ask questions before making Assumptions.	Because the anger is simply a symptom of a problem and not the problem itself, you have to ask questions to get to the root cause of the anger.
2. Have a designated place of safety and refuge.	When the anger flares up you must have a cool down place for her to catch her breath and regroup—away from everything and everyone.
3. Understand the developmental stages of girls.	At different stages in girls’ lives their bodies are doing different things. In an effort to effectively serve girls you must be able to identify where they are and what behavior is associated with that particular developmental stage.
4. Pay close, close attention.	Sometimes in the midst of doing intake, getting the forms filled out, and making sure that we follow the “letter of the law”, we forget to be more observant. We tend to forget that a living, breathing human being (not an object) is sitting before us.
5. Be connected to resources that are readily available.	When a girl is in crisis or is having an episode and needs assistance, the last thing she can afford to do is wait. In some cases, waiting can cause additional frustration and exacerbate the anger. You need to be able to access resources “on demand”.
6. Know who is who; reach out to family members and get them involved.	Every girl comes from a family and is therefore connected to someone. Even if the someone is not a blood relative, he/she may very well be someone who can provide you with insight that may help you help your client. Do not overlook or underestimate who can potentially help her process.
7. Educate and empower girls.	Provide girls with pamphlets, handouts, books or websites that address anger so that she can have a better understanding of what is going on with her. Exposure to informative, relevant information is imperative.
8. Tell her what she needs to hear.	The truth is a powerful tool. Truth can wake someone up. Truth can motivate someone. Truth can help someone see something they had not previously paid attention to. Girls, though young, are still developing intellectually and are no exception. If she trusts you and believes you care, she will listen.