



**RYSS**

Regional Youth Support Services Inc.

*Practical Support for Children, Young People & Families*

**YOUTH COLLECTIVE PROGRAMS**

## DE-ESCALATE PROGRAM

Anger is a completely normal, usually healthy, human emotion. But when it gets out of control and turns destructive, it can start to become problematic. De-escalate educates young people by giving them strategies to on how to do just that, de-escalate from anger or frustration.

Through workshopping problems and scenarios, de-escalate encourages young people to understand the effects that unmanaged anger has on individuals and those around them while providing them with tools and strategies on how to remain calm in moments of anger and stress.

For more information about RYSS, the Youth Collective Programs delivered in Central Coast high schools and resources for parents and young people visit

[www.ryss.com.au](http://www.ryss.com.au)

Regional Youth Support Services Inc.  
131 Henry Parry Drive, Gosford NSW 2250  
p 4323 2374  
e reachout@ryss.com.au

This project is funded by

