Peace Literacy 2: Understanding and Healing Aggression

**The Anatomy of Aggression**

**Warning Aggression/Posturing**  
(the intent is to warn which may or may not be harmful)
- Threats, yelling, shoving, visual displays of intimidation, etc.

**Passive Aggression**  
(the intent is to express contempt in an indirect way)
- Eye-rolling, subtle insults, silent treatment, sarcasm, and other ways of expressing contempt.

These categories can overlap

**Hostile Aggression**  
(the intent is to harm)
- **Social Aggression**  
  Verbal abuse, gossiping, shunning, spreading malicious rumors, cyberbullying, etc.
- **Physical Aggression**  
  Can be directed at others, at objects, and at ourselves (self-harm)

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**Peace Literacy Skill**

Learn how to see aggression as a distress response to pain and discomfort

**The Fires of Aggression:**
When you see aggression at the surface look for the fires burning beneath.

<table>
<thead>
<tr>
<th>Fear</th>
<th>Disrespect</th>
<th>Insecurity</th>
<th>Humiliation</th>
<th>Betrayal</th>
<th>Shame</th>
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**Healthier Ways to Deal with Pain/Discomfort:**
All aggression is caused by pain/discomfort, but not all pain/discomfort has to lead to aggression.
We can use Peace Literacy to help students develop their metis (see handout #6)

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