

Anger, Aggressiveness and Violence : How to tell them apart?

The Hommes & Gars and Accalmie workers
can help you see things more clearly



Anger,
agressiveness, violence...
What's the difference?



They are three
completely different
things! Let's see...



Warning

The following theme addresses the many forms of violence and how they manifest themselves.

Remember that
you are never alone.

There are resources available to help you or a loved one. Some of these are listed at the end of this document.



Anger, Agressiveness and Violence :

How to find your way



Anger, agressiveness, and violence are not always easy to distinguish.

The definitions on the following pages will help you make the difference.

The objective is to help you react better when faced with various situations...

...in order to understand the emotions and reactions involved!



Anger

Anger is a healthy emotion felt when you experience dissatisfaction or when a need (desire, expectation, etc.) is not met.

It is a normal and inevitable emotion just like joy, sadness or fear. All human beings experience these emotions at some point. It can even be a way to assert yourself.

Anger mobilizes energy as much from our body (visible physical reactions) as from our thoughts.



Examples :

Clenched fists, grit one's teeth, turn red, feeling a lump in your throat, pacing back and forth, etc.

To be furious, disgusted, impatient, upset, etc...

Agressiveness

Aggression is an energy; a drive triggered by a strong emotion.

It can be positive or negative.
It all depends on the emotion driving it.



Positive aggression allows you to surpass yourself and perform better and better (perseverance, tenacity, determination).
It is useful in several disciplines.

*Like in sports
for example!*

— Aggression is negative when this tremendous energy is released in a way that harms oneself, those around us, or our environment.

*For example,
slamming the door
when we are furious!*



Any form of aggression without respect often transforms into violence.

Violence

Violence is the use of power or force to control a person.

It's forcing someone to do something they don't want to do; to meet their own personal needs or desires, without any consideration for the other person.

It involves a relationship with another person. It is intentional and the goal is to dominate.

There are different forms of violence: Physical, Psychological, Verbal, Economic, Sexual and Cyber.



Examples :

Controlling behavior, throwing objects, hitting, insulting, threatening texts, forcing someone to bend to their sexual fantasies, deciding the purchases and expenses for someone, mistreating animals, etc.



Anger, Agressiveness, Violence :

In one word

ANGER

Emotion



AGGRESSIVENESS

Energy

VIOLENCE

Decision



Get a better picture :
An example to distinguish anger, aggressiveness
(negative & positive aggression) and violence.



The Soccer Match !

Julianne and her team just lost an important soccer match. The game went badly; everyone is disappointed and tired. It was tight and the referee was not attentive to the opposing players cheating during the game.

Anger

Julianne and her team are very unhappy. Tensions are running high. Julianne, the captain of her team, allows each player to express themselves before they leave. If it happens again they will ask for a 'time out' to regroup. Everyone seems satisfied by this proposal and the tension dissipates.

Positive Aggression

Julianne encourages all the players on her team to try harder for the next game! They are going to revise their strategies and add-on an extra practice. They are going to work together and motivate each other in the future.

Negative Aggression

Julianne and her team resent the referee and think he's incompetent. They are convinced that they lost the game because of him and are really frustrated. One of the players kicks the ball as hard as she can. It's obvious that the team is in low spirits.

Violence

The team talks bad about the referee, loud enough for him to hear. When the time comes to shake hands at the end, one player trips a girl from the other team and makes her fall. The player is immediately expelled for the rest of the season.

Get a better picture :
An example to distinguish anger, aggression
(negative & positive aggression) and violence.



Maxime and Noémie's movie night !

Noémie didn't show up at Maxime's or text him to give him a head's up either. He tried to reach her many times, but no response. It's so frustrating; they were supposed to watch a movie together...

Anger

Maxime doesn't know what's going on. He is upset and paces back and forth. He ends up spending the night alone when he could have gone out with his friends instead of waiting around. Despite being annoyed, he thinks of how he will bring it up with her when he gets the chance.

Positive Aggression

Maxime goes for a walk to let off some steam. He is worried by the situation. He thinks that Noémie must have a good reason for not giving him any news. He decides to just do something else at home to pass the time.

Negative Aggression

Maxime is beside himself. He is even considering a breakup. He does not tolerate this kind of behaviour. He slams his bedroom door in a rage and texts Noémie to tell her that he's just wasting his time with her.

Violence

Maxime thinks that she's with someone else and gets jealous. Even if that has never happened before, he doesn't trust her. His texts to Noémie become more and more threatening. He is going to make her pay, she's not going to get away with this...

Anger, Aggressiveness, Violence: A summary



Anger is often perceived as something negative; however, it is an emotion that is completely normal!

It is rather negative aggression and violence that are elements to be careful of.

In any situation, remember that you are not alone. There are people from your community that can guide you and help you understand. The resources on the next page can help you!



To see more clearly in your own relationship



**Hommes
& Gars**
RESSOURCE D'AIDE ET SOUTIEN



Preserving our past, building our future



Jeunesse, J'écoute 

TEL-JEUNES



People you trust in your entourage, the school personnel, and all these organizations are there to support and inform you, anytime.

Maison des jeunes L'Hav-nir
418 937-2597

L'Accalmie
418 986-5044

Jeunesse, J'écoute
1 800 668-6868

Maison des jeunes des Iles
418 986-4080

Hommes & Gars
418 986-1811

Tel-jeunes
1 800 263-2266

Maison des jeunes de l'Est
418 985-2999

CAMI
418 985-2116

SOS Violence conjugale
1 800 363-9010

This information document was created as part of the **À part entière**, awareness campaign, a collaboration between La Maison d'aide et d'hébergement L'Accalmie, the Hommes & Gars organization and CAMI (Council for Anglophone Magdalen Islanders).

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Equality among partners
is each of us, in our own right !