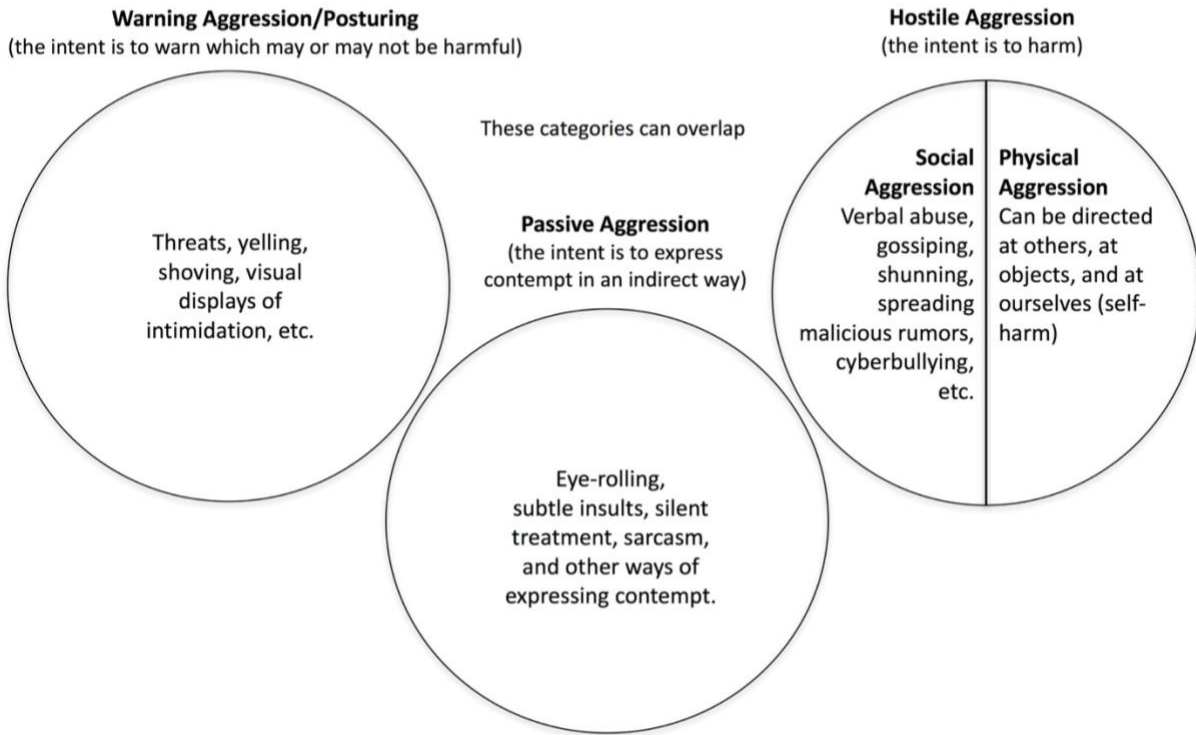


## Peace Literacy 2: Understanding and Healing Aggression

### The Anatomy of Aggression

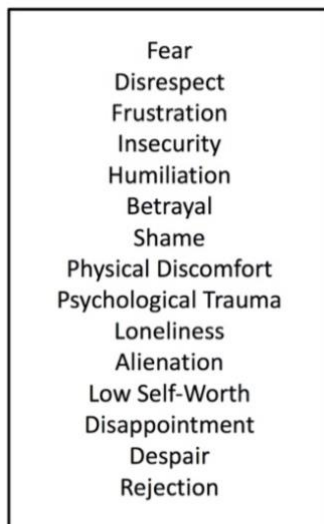


### Peace Literacy Skill

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.



#### 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)

