

# DEFEND YOURSELF (WITH UNDERSTANDING)!



Most behavior interventions for kids miss their mark because they focus on the superficial aspects of behavior.

Real change comes from validating the emotion of the child and understanding where the emotion comes from.

All of us (kids included) hold core beliefs that drive our emotions and our behaviors.

While we must act to prevent aggressive behavior, we must also work with the child to identify what core beliefs are contributing to their behavior.

Self-Esteem  
Self-Efficacy  
Self-Worth