

Title	Demonstrate knowledge of anger management		
Level	1	Credits	2

Purpose	People credited with this unit standard are able to demonstrate knowledge of anger management.
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Classification	Core Generic > Self-Management
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Available grade	Achieved
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Guidance Information

All concerned with the teaching/learning and assessment relating to this unit standard need to be aware of, and respect, any issues of privacy and confidentiality.

Outcomes and performance criteria

Outcome 1

Demonstrate knowledge of anger management.

Performance criteria

- 1.1 Description identifies emotions that underpin anger and acknowledges anger as a natural human state that can be handled constructively.
- 1.2 Description identifies how anger is expressed.
Range physical, non-physical, self-directed.
- 1.3 Description identifies two benefits of handling anger constructively and two consequences of anger expressed negatively.
- 1.4 Options for managing anger issues are described.
- 1.5 Sources that provide anger management assistance are identified by name, location, method of contact, and services provided.

Planned review date	31 December 2022
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	24 March 1998	31 December 2015
Revision	2	12 September 2002	31 December 2015
Review	3	16 July 2010	31 December 2017
Review	4	18 June 2015	31 December 2019
Review	5	25 January 2018	N/A

Consent and Moderation Requirements (CMR) reference

0113

This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact NZQA National Qualifications Services nqs@nzqa.govt.nz if you wish to suggest changes to the content of this unit standard.