

Title	Explain anger management in a hauora context		
Level	2	Credits	4

Purpose	People credited with this unit standard are able to: explain causes and effects of anger; identify and provide tikanga solutions to managing anger; produce a list of local support services that can help people manage anger and its effects.
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Classification	Te Ara Hou ki te Ora > Hauora
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Available grade	Achieved
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Guidance Information

- 1 Where applicable, ākonga are encouraged to reference. Referencing will prepare ākonga for the requirements of academic writing.
- 2 Descriptions and explanations can be presented in a number of ways that may include but are not limited to – oral presentations; visual presentations; written presentations; whakaari; waiata and haka.

Outcomes and performance criteria

Outcome 1

Explain causes and effects of anger.

Performance criteria

- 1.1 Identify three actions that lead to anger.
- 1.2 Describe feelings and/or emotions associated with anger.
- 1.3 Describe the effects of uncontrolled anger.

Outcome 2

Identify and provide tikanga solutions to managing anger.

Performance criteria

2.1 Tikanga solutions to managing anger are identified.

Range may include but is not limited to – karakia, houhou te rongo, mirimiri, hui, kōrerorero, waiata, rongoā, tohunga, kaumātua, kuia, whānau; evidence of three is required.

Outcome 3

Produce a list of local support services that can help people manage anger and its effects.

Performance criteria

3.1 List shows contact details of local Māori hauora and social support agencies.

Range agency name, address, contact details; evidence of four agencies is required.

Replacement information	This unit standard replaced unit standard 18355.
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Planned review date	31 December 2027
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	18 August 2016	31 December 2022
Revision	2	28 September 2017	31 December 2022
Rollover and Revision	3	25 November 2021	31 December 2024
Review	4	2 March 2023	N/A

Consent and Moderation Requirements (CMR) reference	0226
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

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