

<b>Title</b>	<b>Explain anger management in a hauora context</b>		
<b>Level</b>	<b>2</b>	<b>Credits</b>	<b>4</b>

<b>Purpose</b>	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.
----------------	---

<b>Classification</b>	Te Ara Hou ki te Ora > Hauora
-----------------------	-------------------------------

<b>Available grade</b>	Achieved
------------------------	----------

---

### Guidance Information

Descriptions, explanations, and observable actions can be presented in a number of ways that may include but are not limited to – kōrero, titiro, whakarongo, tuhituhi, whakaari, waiata, and haka presentations.

---

### 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 health and social support agencies.

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

<b>Replacement information</b>	This unit standard replaced unit standard 18355.
--------------------------------	--

<b>Planned review date</b>	31 December 2022
----------------------------	------------------

**Status information and last date for assessment for superseded versions**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	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0226
--	------

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](mailto:mqs@nzqa.govt.nz) if you wish to suggest changes to the content of this unit standard.