



Do you want to be more successful  
with your friends and family?

**WHEN?**

Sessions are for 1 hour -  
3 times a week for 10 weeks.

**WHERE?**

Sessions are held at the  
Juvenile Justice Center.

**COST?**

It's free and fun!

This program will assist you in handling  
everyday situations successfully.

**CONTACT**

Patrick Luce,  
A.R.T Contact  
(509) 783-2151 x2523



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BENTON-FRANKLIN COUNTY  
JUVENILE JUSTICE CENTER

5606 West Canal Place, Suite 106  
Kennewick, WA 99336

509-783-2151  
509-786-2718 Fax



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JUVENILE JUSTICE CENTER

# Aggression Replacement Training

A 10-week course which will cover learning a new skill, anger control, and moral reasoning.

The 1997 Washington State Legislature passed the Community Juvenile Accountability Act (CJAA). The purpose of CJAA is to provide community-based programs that emphasize youth accountability and the development of the skills for youth to function in a manner consistent with public safety. Youth are chosen for the classes from the outcome scores from their Risk Assessments.

Benton-Franklin Juvenile Court implemented A.R.T. in 1998.

## SOCIAL SKILLS

Shy?

Inappropriate behavior?

Hard to make friends?

Bully?

Can't express yourself confidently?

Few interests?

The first session provides youth with the ability to learn and apply social skills dealing with peers, competition, self-control and dependability.

You can learn to communicate appropriately with others.

Communication is the key to success, independence, and dependability.

## ANGER CONTROL

Short fused?

Frustrated?

Angry?

Ready to explode?

You are not alone. Conflict is a part of everyday life. You can't always avoid it, but you can learn to manage it.

The second session, provides youth with skills to cope with anger triggers and appropriate expression of emotions!

## MORAL REASONING

Are you making: right or wrong decisions? bad choices?

Are you listening and not hearing what I say?

In the last session, youth learn how to understand together, as a group, each person's view and learn to be open to new ideas on setting rules, living standards, laws, regulations, traditions, and social standards.

