

Protecting yourself when Someone is angry

What does anger look like?

- Angry people can look red in the face or suddenly pale.
- Their eyes may look mad and their lips go thin and tight looking.
- Often angry people will move fast and clumsily.
- An angry person may shout, swear, or speak in a loud, nasty voice.
- Angry people may bang into things or people
- Someone who is angry may cry or run away.
- An angry person's eyes may look watery and their veins may stand out.

The best way to protect yourself is by not being around some one who is angry.

- Get out of their way.
- Stay calm.
- Don't talk.
- Don't get angry at yourself.
- Don't shout.
- Tell a trusted adult if you feel unsafe.

