

### **Coping Skills:**

1. RIS Participants learn how to take ownership for their actions and cope while doing so (including victim blaming and lying)
2. RIS Participants recognize when they need help managing emotions and implement strategies to help manage emotions (particularly related to anger and violence)
3. RIS Participants learn how to minimize the use of substance by increased use and practice with other coping skills (mitigate the impact of harmful substance use on self and/others).

### **Respect for Others:**

1. RIS Participants learn to influence people in a collaborative and mutually respectful manner (related to manipulation)
2. RIS Participants increase comfort level with the understanding that people deserve certain privileges and no one person deserves more privileges than another (related to entitlement and stealing)
3. RIS Participants have respect for the free will of others (related to coercion and threatening)
4. RIS Participants learn to recognize and value the feelings and experiences of others, even when they differ from their own (related to empathy)

### **Self- Regulation:**

1. RIS Participants learn to communicate needs in a collaborative and respectful manner (related to hostility)
2. RIS Participants understand that you have power over the events that occur in your life and that good/positive choices may lead to positive results (related to internal control and impulsivity)
3. RIS Participants match attitudes and behaviors to community norms (related to conformity with the law)
4. RIS Participants recognize emotions and cognitions, their role in behavior and modulate the level of expression by using resources and supports to get their needs met appropriately (related to mental health)

