PLEASE DON'T GET ANGRY

Last year in Upper Darby Township there were hundreds of incidents involving physical violence and thousands of other conflicts, including fights and harassment.

What does this have to do with you?

Well, we are all human and studies show that most of these incidents occur due to that all-too-human emotion of ANGER. Many times in our daily lives things become difficult, we become overwhelmed and stress builds. These are the perfect ingredients for an angry outburst. As we consider how we can make our Community a better place to live, let's start by deciding, that when someone upsets us, we will pledge to keep our anger under control – before it escalates into something we are not proud of.



Thomas N. Micozzie Mayor



Michael J. Chitwood Superintendent of Police