Aggressive children often have aggressive parents, Miles and Carey (1997) carried out a meta-analysis of 24 twin and adoption studies. Results suggested a strong genetic influence that could account for as much as 50% of the variance in aggression. This suggests that genes may play a part in aggressive tendencies.

This ignores the behavioural approach, Bandura's Bobo Doll study found that children were more likely to exhibit aggressive behaviour when observed by a rewarded adult role model. This suggests that environment and Social Learning Theory may at least play a part in aggressive behaviour.