

POSITIVE DISCIPLINE

Action ideas for teachers

USE ALTERNATIVE DISCIPLINE TECHNIQUES

- Get the child to write a statement describing the negative effects of his/her behaviour.
- Get the child to apologise for his/her behaviour in front of classmates and explain how he/she can improve that behaviour.
- Give the child some additional (but not too much) homework.
- Invite the child's parents to school to talk about the poor behaviour.

ASSIGN NON-ABUSIVE PHYSICAL TASKS

- Ask the child to perform light chores, such as watering or weeding a school garden, or keeping the classroom clean.
- If the child has broken or damaged something, ask him/her to fix it – this way, they learn the value of taking care of someone else's property.
- These tasks should be assigned thoughtfully and not exploit the child.

BE ROLE MODELS

- A child learns by observing, retaining and replicating the behaviour of teachers.
- Met out punishment in a manner that respects the students.
- Accompany punishment with positive actions.
- Always make a child feel loved, appreciated and respected, to foster a sense of self-discipline.
- Promote a culture that encourages the spirit of caring and love among students.

SET RULES AND EXPECTATIONS FROM THE START

- At the start of the school term, clearly tell your students what your rules and expectations are.
- Involve students in setting the class guidelines, so that they understand the reasoning behind them and are more likely to accept and abide by them.

ALTERNATIVE PUNISHMENTS FOR MISDEMEANOURS

MISDEMEANOUR	ACTUAL PUNISHMENT	ALTERNATIVE PUNISHMENT SUGGESTION
Not doing homework	Kneeling in front of the class	<p>More homework</p> <p>Rewrite both question and answer</p>
Coming late to school	Cleaning the toilet	<p>Copying out: I will not be late again</p> <p>Lead the morning flag-raising ceremony for a week</p> <p>Cleaning the classroom for a week</p>
Making too much noise in class	Slapping	<p>Sit in the teacher's chair</p> <p>Re-do class work</p>
Fighting with friends	<p>Hit and forbidden to play together</p> <p>Ear tweaked</p>	<p>Give advice and pray/meditate together</p> <p>Working together in a learning group</p> <p>Sing a song and collect used bottles</p>
Running away from classroom	Walking on knees	<p>Take responsibility as class captain</p> <p>Teacher talk to parents</p> <p>Clean the school yard</p>
Sleeping in class	Hit with/thrown piece of chalk	<p>Sing a song</p> <p>Teacher get them to wash their faces</p>
Breaking a plate	<p>Ear tweaked</p> <p>Sworn at</p>	Give good advice
Stealing	Beaten	<p>Advise</p> <p>Public confession to the rest of the class, and returning the stolen possessions to the owner</p>
Having a boyfriend or girlfriend	Suspended from school	<p>Teachers give counselling</p> <p>Teacher consult with parents</p>

Excerpt from "What Children Say: Results of comparative research on the physical and emotional punishment of children in Southeast Asia and the Pacific", Save The Children Sweden, 2005.