



Positive discipline;
learn it, use it
and feel it!

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Alternatives to Corporal Punishment

In our last edition, we discussed the consequences of corporal punishment. Most of the schools using the Good School Toolkit are beginning to realize that corporal punishment has no place in our schools given how it undermines and prevents children from learning.

We have all experienced corporal punishment at some point in our lives, probably at school, home and even in our communities: perhaps in the form of caning, slapping, pinching, being made to kneel under the sun and many other ways. **How did that experience make you feel?**

We have all grown up witnessing corporal punishment on a regular basis, and as such normalized it simply because people who loved and cared about us used it amidst all the pain we had to go through.

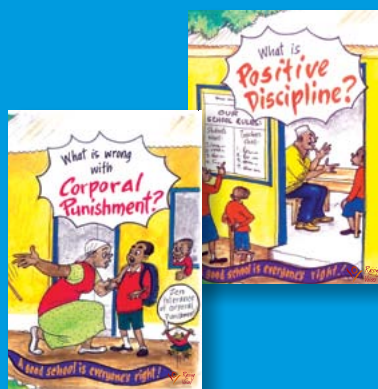
Most schools and adults use corporal punishment because they had not got the opportunity to be introduced to any other alternative ways of disciplining and relating with children. However it is time to challenge ourselves, time to think of creative ways of disciplining children without harming them yet equipping them with good values and making children more responsible. This is what we mean by "positive discipline".

In this edition therefore, we will be discussing positive discipline in detail and how teachers, learners, parents and other educators can learn more about positive discipline.

What is positive discipline?

Positive discipline is a way of guiding children towards desired behaviors rather than using violence or threatening them when they misbehave. When teachers, parents and other adults use positive discipline, children are motivated from within due to inner feelings of self worth rather than fear or shame.

Please read more in our positive discipline and corporal punishment booklets.



Good Teachers
+
Good Learning Environment
+
Good Administration
=
Good School



Voice of a child in a school using positive discipline

"For the past two weeks I was reporting to school late because I had to first do work at home before going to school, I had to fetch water and wash dishes. Fetching water is a must because I have to help my mother since she got a boda boda accident. I have always been beaten by teachers until One day, when Mr. Raphael was on duty. On seeing him that morning, I was so scared, I thought he was going to slap me or kick me or hurt me. Instead, he called me asked why I was late; I composed myself and told him my



story. He listened and talked to me in a calm way. He asked me if he could come to my home talk to my mother on how this affected my morning lessons. He made me feel loved and cared for. I like Mr.Raphael, his a friend and lots of other children like him too." Pupil from Kamuli girls Primary school.

Rewarding good behavior is a more effective way in that children are far more likely to become self-respecting individuals who make positive contributions to their communities than punishing bad behavior. Tell a child what they are doing well, instead of what they need to improve on. This will help to get the desired behavior you are seeking.

But how different is positive discipline from corporal punishment?

Positive discipline	Corporal punishment
Aims to empower children. You help children take responsibility for making good decisions by providing them with the skills and environment to freely explore ideas.	Aims to create obedient children. You create a classroom environment in which children learn to obey what they are told instead of think for themselves
Child-centric. You consider all issues from a child's perspective and calculate all your responses based on how they will help children learn from their mistakes.	Teacher-centric. Your priorities prevail in all considerations and your point of view determine the right course of action.
Long-term development. Your approach is based on nurturing development of the whole child over a long period of time	Short-term compliance. Your approach aims to create obedience in a specific c situation. It only gives secondary and indirect consideration to the long-term development of the for the child

Positive discipline in action

Most schools that are using the Good School Toolkit have this to say about positive discipline;

"In Kasana, St. Jude, teachers discipline their children in a unique way. We talk to them about consequences of misbehaving and if they do, we help them understand by providing logical consequences, such as verbal warning, writing apology letters, giving them some time out, picking

up litter(papers, leaves, peels) in the compound and if all fails, we invite in parents." Said Protagonist teacher, Mr. Mubiru Deogratiouis.

Gulama C/U has another interesting approach for promoting positive behavior at school. The school celebrates children for the efforts and improvements made on a weekly basis; they announce names of children who are excelling at the general assembly including the smartest pupil, the earliest child to come to school or for completing homework. This motivates children to always do their best.

Why we use positive discipline at school?

By using positive discipline in our schools, we change what we know as education. Instead of children coming to school to obey rules and memorize information, they experience school as a place where they become the person they want to be. Positive discipline helps children feel safe and supported, but this sense of safety must extend beyond the classroom. We must ensure that everything about a school makes children feel as safe and supported as possible in all aspects of their development.

"Changing to a positive discipline approach is not easy. The process requires patience and persistence and willingness to learn new things." Says Ssekadde Willington, Raising Voices.



Using positive discipline in a classroom creates behavior that supports guidance, teamwork, mutual respect, consideration, listening, practical problem solving and right decision making

We all have different ways of responding to positive discipline, here are some of examples on how we can respond to it.

Reflection: Pupils take time to think about their behavior through writing an apology letter or spending time away from classmates.

Penalty: pupils acknowledge their misbehavior in front of others and take responsibility for their actions

Reparation: pupils receive a written notice that is then entered into the school disciplinary record pupils then commit to a change in behavior.

Last Resort: Parents are contacted or pupils are referred to a professional for counseling.

FACT FILE
The Constitution of Uganda protects the safety of every Ugandan, including children. This is done by offering all children a safe learning environment free of fear and non-violence.

WHAT WE CAN DO TO CREATE POSITIVE DISCIPLINE

- Write class rules together
- Elect a peer discipline committee
- Use alternative discipline responses
- Listen to students
- Wall of fame
- Hold a Monday morning discussion with your class setting goals for the week
- Be a role model
- Have a school pride day
- Encourage pupil participation in school activities.

Thoughts on POSITIVE DISCIPLINE

"Creating a good school requires one to prepare well before class, listen to every child who is ready to contribute and give positive feedback. This helped me think creatively on how I can discipline my students without compromising their learning and creating an interactive environment in which they could learn better."

Hassan Muluusi- Program officer, Good School Program

Benefits of positive discipline;		
For the student	For the school	For the teacher
Learning outcomes improve.	A better learning environment where pupils participate freely and are engaged in their learning.	Feel satisfied with their work.
Feel safe and happy in class.	Less conflict and fighting between pupils and between teachers and pupils.	Relationships with students improve.
Learn from their mistakes and demonstrate improved behavior.	Students, teachers and community members take pride in their school.	Students behave better and are not afraid in class. Have more methods and tools available to help their students learn.



Celebrity Corner

While participating in the Peer Learning Network exchange visit, Sekasala David showed the visiting students his commitment in promoting positive discipline in his school by:

- Chairing the Good Schools committee and being a vocal advocate for his classmates.
- Talking to fellow students about the impacts of positive discipline in their school and community.

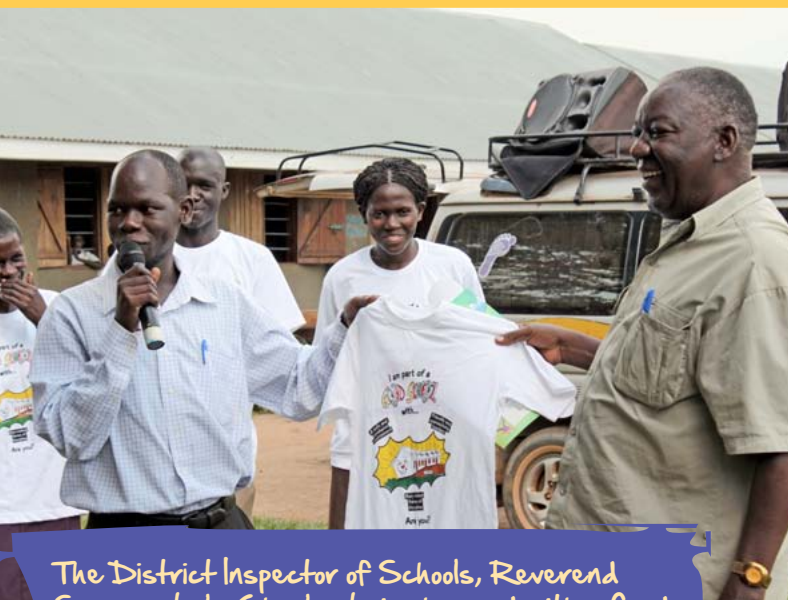
News in Pictures



Balitarwogi Primary School officially launched the Good School program



Raising voices won two Tumaini awards in recognition of their efforts to prevent violence against children in schools and at home through their media campaign and community activism. They were also recognized for their efforts to provide Good School Toolkits and trainings in schools to help teachers and parents find alternative positive ways of interacting with children.



The District Inspector of Schools, Reverend Sserwambala Charles being honored with a Good School t-shirt for his support of the Good School program at a launch in Luwero.



Students at the Peer Learning Network exchange visit participating in interactive games to help them internalize and process new learning.

Next Issue

What is a Good Teacher?

If you have any suggestions please do not hesitate to write to us on goodschools@raisingvoices.org or P.O.Box 6770, Kampala Uganda

Mutoni Julian-Peer Learning Network Coordinator

 Raising Voices