What is Positive Discipline?

OUR SCHOOL RULES:

Students shall:
1. Arrive on time.
2. Vote in.
3. Be in.
4. Stay.

Teachers shall:
1. Be in.
2. Be in.
3. Be in.
4. Stay.

A good school is everyone's right!
Hurry Dad! The bus is leaving!!

Oh, no... I’m late again!
Hassan! You know what happens when you are late!

But teacher!

10 strokes! It's the only way you'll learn!
These kids never learn! I caned Hassan for the same thing on Monday!

You're right! They are so stubborn!

Oh, how was the staff meeting yesterday?
You weren’t there?

I was somehow busy... so I came at the very end.

Do you think teacher got beaten for being late?

Ha! Don’t be silly!
What is it Hassan?

Dad...were you late to work this morning?

Yes, I was. That traffic really delayed us!
Were you beaten for being late?

Of course not! I’m not an animal!

I don’t understand! Then... why was I beaten??
Beating doesn’t help children change their behaviour. It just makes them fearful and confuses them about what is right and wrong. It is abuse of power...

Sweep this classroom!

Yes, sir!

Beating may teach children to obey you, but they will not understand why they should behave in the way you want them to.
They will spend time thinking about how to avoid punishment instead of why they should behave better.

Let me see your answer...

No!

But Teacher is out! She’ll never know I cheated!

Beating does not help children develop a clear understanding of what is right or wrong.
If we want to help students learn right from wrong, we must develop positive discipline in them!
Positive discipline means 3 things!
Positive discipline means:

1. Teaching children life-skills.


3. Creating a positive environment within which children see values and standards modelled to them.
Our school encourages positive discipline in the individual.

1. We teach children life-skills.
1. Thinking before acting
2. Thinking and long-term planning
3. Persistence
4. Confidence
5. Patience
6. Creativity
7. Honesty

Skills that enable us to make better decisions to succeed in life are life-skills.
We know that successful people have many things in common...
They have a clear goal...

They believe in themselves...
They work hard...

They think of new ways to solve old problems...
They are persistent...

When all of these skills come together, a person has positive discipline!

- I have a clear goal
- I work hard
- I think of new ways to solve old problems
- I believe in myself
- I am persistent
Positive discipline comes from inside,

based on how we feel about ourselves.
Successful people learn these skills early from parents and guardians,

but most importantly they learn them from their school!
That’s right!

At our school, we encourage positive discipline in our classrooms!

2. We reject violence. We never use fear or shame.
Some people think that if we don’t beat children, they will get wild! They need to be controlled! They will not know how to make choices!

Positive discipline does not mean there are no consequences for bad behaviour.
Positive discipline means consequences are fair and consistent. They are always...
Focused on correcting behaviour...

Well done for wearing your uniform today... But tomorrow, be sure it is clean!

not humiliating the student.

You like being dirty? Put on this rag and wear it all day!
Focused on helping children learn...

Now write an essay on what's wrong with cheating.

not making them pay for their mistakes.

Cheating! You'll pay for this!!! 50 strokes!!
But I don’t think I can do all that! It takes too much time!
The stick is easy. It’s always there!

But positive discipline produces more lasting results!
To promote positive discipline, there

Reflexion

For minor day-to-day problems, to help children think about their behaviour.

Reparation

For offences that cause damage, to help children take responsibility for their actions.
are 4 levels of responses we use:

**Penalty**

For on-going problems, to help children understand consequences.

**Last Resort**

For very serious offences, to help children rehabilitate.

Here's how you can try them too!
Reflection:
for minor day-to-day problems, to help children think about their behaviour, try...

Time out

Brian, you keep disturbing our class! Go sit on the bench in the office and come back in 5 minutes if you can be quiet.
Apology

Mariam, I’m sorry I broke your pencil.

Reflection

It’s Ok. Thank you.
Salima, you know there is no eating in class. I’m asking you to put your food away now!

Isaac, you will write a letter to Mr. Mujuzi, explaining why you continue to insult him!
Paulo, I’m putting this paper on your desk. If you stop talking, I’ll throw it away. If you choose to keep talking, I’ll give it to the head teacher!
Penalty: for on-going problems, to help children understand consequences, try...

Hakim, you’ve dodged prayers again... Sweep around the mosque and then we will talk about the role of religion in your life.
Until you learn to respect your classmates, you can’t play in the football team!

You’ve dodged math and missed your exam. You’ll have to stay after class to do it.
Behaviour contract

I, Nambi, will not dodge science class. If I attend for 2 weeks without missing I will be permitted to sit my exams.

[Signature]

Nambi
Teacher

Community service

I have to help my community because I was making trouble at school.

Samson, what are you doing at that mzee’s house?
Demerit Box

Each time you misbehave, I’ll put your name in the box.

If it goes in the box more than 3 times in a week, your name will be written in the Discipline Book.

Student Court

As you keep disrupting class, we’re moving your seat to the front next to the teacher!
Reparation:
for offences that cause damage, to help children take responsibility for their actions, try...

Public Apology

Fellow classmates, I’m sorry for spoiling all our footballs...
Replace/Repair

You have to clean the walls you have written on!

Financial Restitution

You’re parents will have to pay for the window you broke!
Sofia, your conduct is very serious. It will be noted in your official school record!
Last Resort:
For very serious offences, to help children rehabilitate try...

Headmaster

Your teacher tells me you’ve been abusing other students.
Referral

My teacher sent me here...

Yes, I know she called me. You and I will meet every week together.

Suspension

Drinking alcohol is a serious offence! You'll be out of school for 2 weeks and you must see the probation officer.
Calling Parents

Your son has stolen some equipment from the science lab. What should we do?

HEAD MISTRESS
Remember change is difficult... it takes time!

Children may rebel and challenge new things!

Teachers aren’t going to hit us anymore!!

We can do whatever we want!!
That’s right! No more caning! But remember, there are clear rules!

Be consistent... stand on your word!

He’s serious! I like the way they respect us! Me too!
We uphold high standards and create good policies. We aim to create a positive environment within which children see values modelled to them. We also promote positive discipline in the administration.
Standards are a set of values that our school lives by. They describe our vision of a Good School.
They inspire us to behave positively

We wrote our standards down...

- We encourage Positive Discipline
- We respect everyone
- We celebrate achievements
- We take pride in our school.
and posted them around the school.

Positive Discipline!

Congratulations!

RESPECT

NO LITTERING

We even repeat them at assembly!

We are proud of our school!
Positive discipline in the administration means taking those standards and developing rules to maintain them.

<table>
<thead>
<tr>
<th>STANDARD</th>
<th>RULE</th>
</tr>
</thead>
<tbody>
<tr>
<td>• We take pride in our school</td>
<td>- No littering</td>
</tr>
<tr>
<td></td>
<td>- Destroying school property not allowed</td>
</tr>
<tr>
<td>• We respect everyone</td>
<td>- No bullying</td>
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<tr>
<td></td>
<td>- No hitting</td>
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<td></td>
<td>- Zero tolerance for corporal punishment</td>
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</tbody>
</table>
Those rules are put together in our code of conduct, which states all of our roles and responsibilities,
as well as prohibited conduct

- No dodging class
- No smoking
- No cheating

and approved disciplinary measures.

- Apology
- Time out
- Warning
- Demerit Box
- Light work
- Detention
- Letter writing
- Call parents
Positive discipline in the administration also means everyone is aware of our standards and policies, and we all work together to keep them.
Our children need positive discipline to compete for jobs...

to make good decisions,

come on... have some

No, thanks!
to be good citizens

Thank you!

and to respect and support each other.

Well done, William!

Thanks, Farook!
Positive discipline looks future...
to the
Positive Discipline means everyone is responsible for helping students learn and grow.
Positive Discipline helps children develop to their full potential!
It focuses on long-term gain...

like learning why keeping time is important,

You’re late! Now you’ve missed the lesson!

Later in life...
and not short-term results...
like keeping time only because you’ll get beaten!

You’re late!
10 canes!

Later in life...
When you encourage positive discipline in the individual in the classroom and in the administration, you experience many benefits!
A better learning environment!

Stop that! I’m trying to pay attention! Yeah! This class is too good!

More satisfaction as a teacher!

My students are excited to learn! They are not afraid to ask questions!
Better learning outcomes!

But why are plants green?  
Good question!

Better reputation for the school!

Where do you go to school?  
I go to Mulago. It’s a great school! Teachers respect us!
Better for the community and the nation!

Look how far I’ve gone!

I’ve got a job!

I completed University!

The LC asked me to help him!
A Good School uses

We teach children life-skills!

We never use fear or shame! We motivate.

Will you commit to using
positive discipline!

We use non-violent responses!
We have high standards!
We create good policies!

positive discipline?
What can you do to create positive discipline?

- Write class rules together!
- Elect a peer discipline committee!
- Reward student effort!
- Throw away the cane!
- Use alternative discipline responses!
- Listen to students!
- Find out why students are misbehaving!
- Be a role model!
- Have a school pride day!
How to use this booklet:

- Make a list of the qualities a person with positive discipline has.
- Ask your friends or colleagues to make the same list and compare.
- Read this book together with other students or teachers and discuss the benefits of positive discipline.
- Discuss the challenges and make a list of how they can be overcome.
- Make role-plays to practice using the positive discipline responses.
- Work with other teachers and students to create a school-wide positive discipline approach.
Write your ideas here.

Notes

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10.
ideas here.