

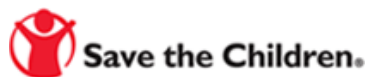


POSITIVE DISCIPLINE

What it is
and how to do it

Training for Professionals

Workshops for Parents
and Teachers



What are the origins of the Positive Discipline program?

Since 2007, Save the Children and the University of Manitoba have worked in partnership to promote non-violence against children in families and schools in response to the recommendations of the *United Nations World Report on Violence against Children* (www.Unicef.org/violencestudy/reports.html). The *World Report* revealed that much physical violence against children takes the form of punishment. It recommends the elimination of all physical punishment of children and the promotion of non-violent, positive discipline.

Save the Children and the University of Manitoba combined their expertise in child protection, child rights, and child development to design a non-violent approach to discipline that is easily accessible to parents and teachers all over the world.

What is Positive Discipline?

Positive discipline teaches children and guides their behaviour, while respecting their rights to healthy development, protection from violence and participation in their learning. Positive Discipline is based in research on children's healthy development and founded on child rights principles.

Positive discipline is not permissiveness nor is it about punishment. It is about long-term solutions that develop children's own self-discipline and their life-long skills. Positive discipline is about teaching non-violence, empathy, self-respect, human rights and respect for others.



Who is Positive Discipline for?

There is a Positive Discipline program for parents and another for teachers. Both are based on the same principles, but are tailored for the particular issues that parents and teachers face.

How does the Positive Discipline program for parents differ from other parenting approaches?

Positive Discipline for parents:

- was designed as a universal program, for typical families facing typical challenges, rather than “high-risk” families.
- is based in attachment, relationships and communication, rather than rewards and punishments.
- builds on parents’ strengths.
- covers all of childhood, from birth to adolescence.
- helps parents learn how to problem-solve across a wide range of situations, rather than prescribing “what to do when”.
- comes from a child rights perspective, so it focuses on enhancing mutual respect between parents and children.
- originated as a culturally inclusive approach, so it builds on “parenting universals”.

How is Positive Discipline applied in the classroom?

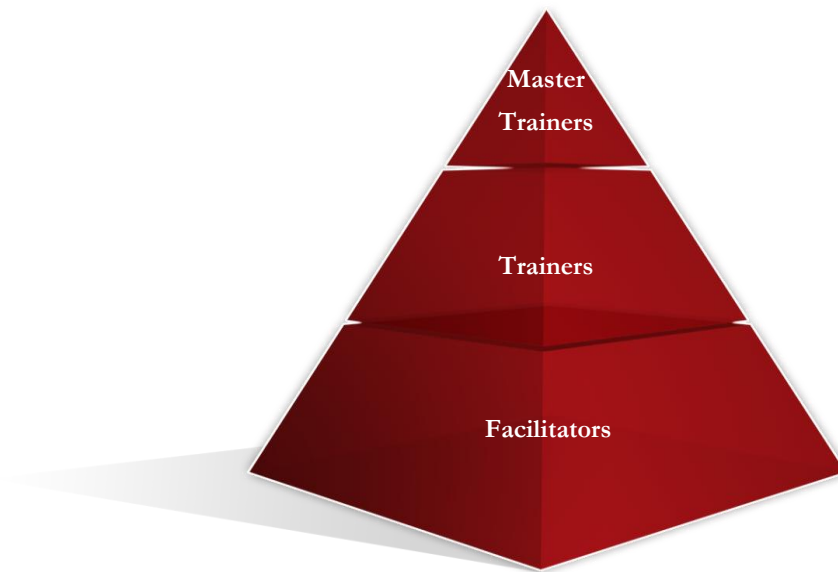
Positive Discipline for teachers:

- is based on established pedagogical principles, as well as child rights principles.
- considers the long-term impact of the teaching relationship on children’s lives and attitudes toward learning.
- helps teachers learn how to provide effective mentorship within a safe learning environment.
- provides relevant information about children’s neurological, intellectual and social development from birth to adolescence.
- recognizes the importance of individual differences in children’s experiences, temperaments and information processing.
- focuses on problem-solving rather than rewards and punishment.

How do people learn about the Positive Discipline approach?

Since the Positive Discipline approach was created, it has been introduced in many countries, including Bhutan, Cambodia, Canada, Fiji, Indonesia, Japan, Korea, Mongolia, New Zealand, and Thailand. We have trained a large number of program staff of international and local non-governmental organizations, government departments and services – as well as professionals including social workers, teachers, child protection workers, and community-school liaisons. Many of these people have gone on to deliver the program directly to parents and teachers in their communities.

In order to sustain quality in the delivery of this approach in the face of high demand for training around the world, Save the Children and the University of Manitoba have created a training service that is resourced by expert Master Trainers. Delivery of training is structured like a pyramid.



Master Trainers

A small number of individuals have been selected to become international experts in Positive Discipline. Each has a university degree in child development or a related field, knowledge of adult education principles, and extensive experience in adult education. Each Master Trainer has been personally trained by the program developers. The role of Master Trainers is to train Trainers around the world, maintaining consistency in the program's delivery, quality, monitoring and impact evaluation.

Trainers

Several individuals in each region of the world have been personally trained by Master Trainers to disseminate Positive Discipline. Typically, they are child program staff of international or local non-governmental organizations, experienced educators, or other professionals. To become a Trainer, an individual must have a university degree in child development or a related field, knowledge of adult education principles, experience in adult education and group facilitation, and excellent interpersonal and communication skills. Fluency in English is a requirement and proficiency in at least one other language is an asset. Trainers prepare Facilitators to deliver the program in communities. They also might deliver the program directly to parents or teachers.

Facilitators

A large number of Facilitators around the world are being educated by Trainers in how to deliver Positive Discipline to parents or teachers, depending on their backgrounds. These individuals must be experienced in facilitating parent groups, and approved by their agencies to attend the entire Positive Discipline workshop.

Only Certified Facilitators are qualified to deliver Positive Discipline to parents or teachers. To become certified, they must attend the entire workshop, facilitate at least one Positive Discipline parent group, and report to their Trainers for feedback. All Certified Facilitators must agree in writing not to deliver the program for personal profit.

Professional Development Workshops

Often, policy-makers, government officials, and agency directors are interested in learning about Positive Discipline. These individuals are welcome to attend special educational workshops to familiarize them with the approach. They will not become Certified Facilitators, but will understand the principles and purpose of Positive Discipline to support the work of their staff.

If you or your agency require assistance with planning/conducting training or professional development in Positive Discipline, please contact:

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