

# Constructive Guidance & Discipline

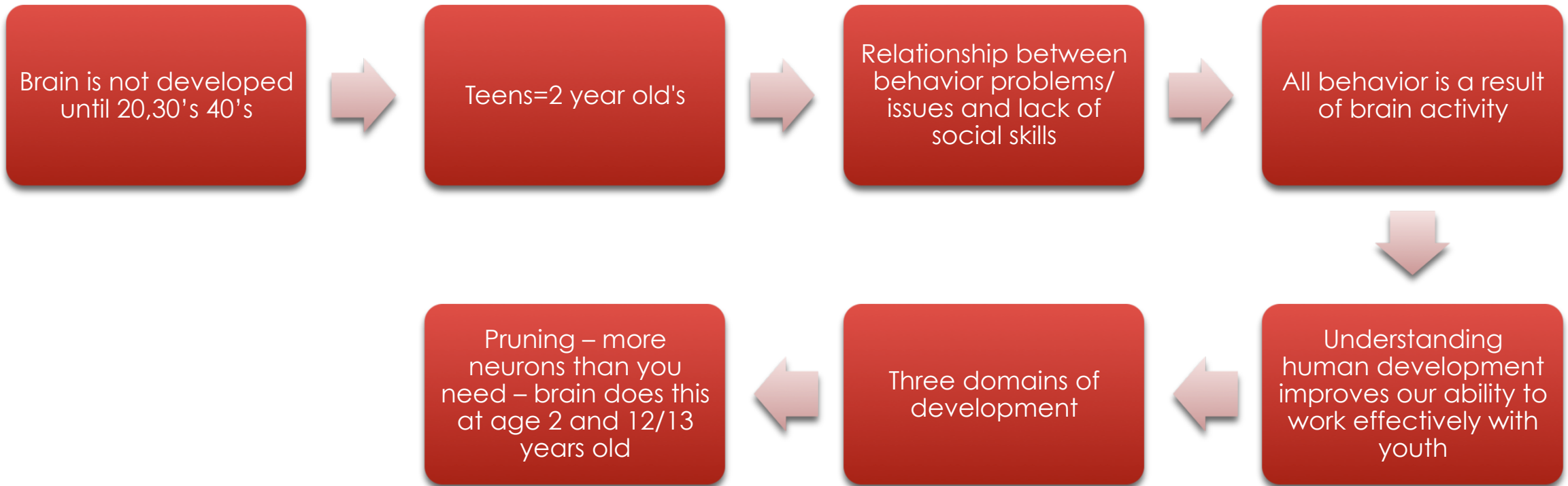
PLEASE NOTE THESE SLIDES ARE PROVIDED AS A FOLLOW UP TO OUR TRAINING, SOME SLIDES MAY NOT MAKE SENSE OUTSIDE THE CONTEXT OF OUR WORKSHOP.

If you are not  
willing to learn,  
no one can help you.

If you are  
determined  
to learn,  
no one can  
stop you.

What VC  
Probation  
has  
learned..





What VC Probation Learned..

# What VC Probation Learned...

Lack of social skills are the number one cause of problems for adolescents

The development of the brain starts at the bottom

The human brain has a very short attention span (20 minutes or less)

Development of higher level thinking shifts depending on love and attachment

Our brain is constantly developing

Trauma affects the way our brain develops

Biopsychosocial ... did not realize they were so intertwined

Risk factors increase a particular outcome but they don't determine it!



# What you want to learn???

Why is there fear to make the right decision?

How can I help my clients make the right decision?

How to use the information received and use it with clients – especially during times when they are making bad decisions?

How to effectively teach youth and parents in a short amount of time?

Communication tactics with extremely defiant youth?

How do you redirect a teens brain from making a poor choice (perhaps victimized) to shedding the “invincible theory?”

How do you deal with a youth with anti-social tendencies (gang member) who see's going to prison as a positive goal?

GUIDANCE . VS.  
DISCIPLINE

# 10 Important Reasons to Use Constructive Guidance & Discipline



# Communication

You cannot change someone else you can only change yourself and if you change your own communication methods you will see the children in your life change their communication as a result.

# What is Constructive Guidance



To understand guidance and discipline as a teaching process rather than merely a controlling process

To develop alternatives to punitive action in dealing with children's behavior

To learn how discipline problems can be prevented through positive planning

To understand how child development levels should affect adult expectations for behavior



# What is The Purpose of Discipline?

Discipline goals need to focus on what kind of people function best in society rather than merely what kinds of children are easiest to manage.



[https://www.youtube.com/watch?  
time\\_continue=22&v=BbruY110Ql8](https://www.youtube.com/watch?time_continue=22&v=BbruY110Ql8)

COMMUNICATION & THE TEENAGE BRAIN



# History of Adolescence and Behavior

- ▶ PFC
- ▶ FENNIS GAGE
- ▶ 1936-1978
- ▶ 35,000 Lobotomies
- ▶ Now we have MRI SCAN
- ▶ JAY GIEED- STUDY WITH MRI SCANS – WE GET AN EXTRA SET OF NEURONS
- ▶ Teenagers are bad at making decisions
- ▶ Emotional vs. rational decision

# What do we do with this knowledge?

- ▶ Do NOT ask teenagers questions that begin with the word WHY?
- ▶ Rather get them to re-count their behavior
- ▶ Without challenging what would appear to be an irrational action
  
- ▶ Avoid questions that contain more than one concept
- ▶ Enough going on in the teenage brain without adding more confusion
- ▶ Teen age brain will offer an emotional vs. rational reason for behavior
  
- ▶ Give rests.. Allow time to take in information
- ▶ Tell teenagers about how their brain is developing... it could help them!



# “How can we change who we are unless we know who we are”

Hoffer

- ▶ Perspective from a 19 year old recently off of probation....
- ▶ Conversation with families
- ▶ Try talking to us vs. pushing us down
- ▶ We are already troubled – life is really rough, drugs, at-risk family, lonely if you push us down again, we just keep going further down.



- Constructive Guidance & Discipline

Based on logical and constructive consequences

Mindful- the adult puts conscious thought into the discipline

Placing the responsibility on the child and their behavioral choices.

## Punishment

Usually painful and based on retribution or revenge

An expression of power and personal authority

Placing responsibility on the punisher, stopping the process of shared decision – making of shared decision

# Constructive Guidance & Discipline



# Punishment

## Consequences

**Keeping the options for discipline methods open.**

**Consistent; it is a response and not a reaction.**

**An active teaching process, emphasizing the adults role in teaching a child ways to act that will result in more constructive behavior**

## Punishment

**The options for the individual being punished closed (no discussion)**

**Arbitrary; it depends on the mood of the adult**

**Ineffective in teaching a child social skills**

Consequences are:

Harder and more time consuming in the short term, but easier and more effective in the long run

Explained mindfully to the child

Friendly. You do not need to be angry when you discipline a child

Punishment is:

**Often negative and short term and does not provide an opportunity for personal improvement**

**Imposed; it is done to someone**

**Enacted with either open or concealed anger**



# # 1 Cause of Behavioral Problems in Life & in School is Lack of Social Skills

**The number one reason to use Constructive Guidance is because it provides an opportunity for growth for both the adult and the child.**

**Constructive Guidance & Discipline provides social skills guidance!**

**Punishment is:**

**Quick and easy-**

**Punishment does NOT teach social skills guidance**