## Positive Discipline In Everyday Teaching

#### **How are you?** Drop an emoji or GIF that describes your morning.

How does it feel to become a teacher?

#### Frustrating

#### Tired

#### Rewarding

#### Challenging

Happy

Fulfilling

Just okay

- Teachers have felt both positive and negative feelings about their experiences.
- We will draw on the positive experiences to motivate us and strengthen our resolve towards delivering quality education and positive change in working with learners.



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#### **Prevalence of violence against children** in the Philippines

The National Baseline Study on Violence (2016) against children has found that 80% of the 3,866 boys and girls aged 13-24 years had experienced some form of violence in their lifetime.



#### **Prevalence of violence against children** in the Philippines

LGBT children experience significantly more physical, emotional, and sexual violence than other children.



#### **CORPORAL PUNISHMENT**

is the most common form of violence experienced by children. It is also called physical and humiliating punishment.

# According to the Committee on the Rights of the Child

"Corporal" or "physical" punishment is any punishment in which physical force is used and intended to cause some degree of pain or discomfort, however light... In the view of the Committee, corporal punishment is invariably degrading.

**Committee on the Rights of the Child General Comment No. 8:** The right of the child to protection from corporal punishment and other cruel or degrading forms of punishment



#### hitting, slapping, smacking



hitting with objects



#### pinching, pulling hair or ears



#### forced standing or kneeling



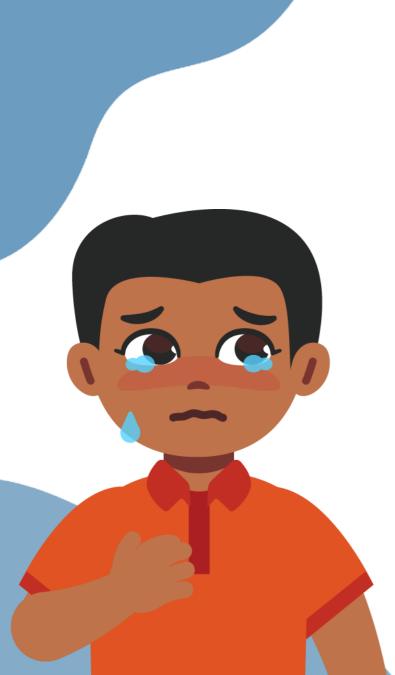
#### forced ingestion

## However, there are other forms of violence.

- Violence also includes words or actions that shame, embarrass, threaten, or scare children. These are emotional punishments.
- While physical punishments are actions that hurt the body, they still have emotional impacts that are at least as strong as the physical impact.
- Emotional punishments are words and actions that hurt the heart.



#### What do children say?



"Masakit po talaga. Hanggang paglaki ko nasa damdamin ko 'yon. Hanggang ngayon galit na galit pa rin ako sa tatay at nanay ko."

"Masakit po. Nakatatak na po sa puso ko."

"When I made a mistake, he threw a book at me. And then, my classmate asked a question, Sir kicked him repeatedly. Because of these experiences, I think less of myself."

### Physical and emotional punishment put children at-risk



- Mental health problems (depression, anxiety)
- Social problems (aggression, bullying)
- Behaviour problems
- Slower language development
- Slower intellectual development

Physical and emotional violence have serious consequences to children's well-being

- Higher levels of aggression and anxiety
- Lower self-esteem and risk of developing depressive symptoms
- Intergenerational violence

Reference: The Systematic Review of Literature on the Drivers of Violence against Children (2016)

Factors that push adults to commit physical, psychological, and sexual violence in the home are:

- Acceptance and justification of the use of corporal punishment or violent discipline
- Gender inequality norms that maintain unequal power relationships between genders
- Financial stress
- Alcohol/substance misuse
- Stresses related to overwhelming events (i.e. pandemic, natural disasters, etc.)

### Summing up

- We were raised to believe that it is right and just to punish children for bad behavior and mistakes.
- We were raised to fear that not punishing children will lead to a bad outcome.



#### We know now that violence hurts children and harms their future prospects.

#### But there is hope

We can change our beliefs and our behavior to end this kind of violence against children. In the 2009 National Study on Violence in Schools, a significant number of children 60% - 70% of 6,931 elementary and high school students have indicated having been talked to in private or receiving counselling when they did something wrong.



Save the Children Partner, E-Net Philippines, worked with teachers in 3 public schools in QC and I private school in Marikina to implement the Positive Discipline in Everyday Teaching Program In 2018, learners reported that teachers tend to use both punishment and non-violent discipline.

In 2019, 30% of elementary pupils and 70% of high school students reported that their teachers practice positive discipline instead of punishment. While changing social norms that accept corporal punishment of children can be difficult, gradual change can still happen.



Eventually, we learn to use non-violent and problem-solving approaches in responding to challenges instead of using punishment.



# Education in the Post-COVID pandemic era

#### The basic education sector also transformed during the post-COVID-19 pandemic era.

- Education is delivered through varied approaches: using printed modules, online classes, radio/television, or blended/mix of approaches.
- Limited or no face-to-face contact with learners
- Increased coordination with learner's parents/caregivers





- Violence against children still happens in the home, particularly physical and emotional punishment
- Violence in the form of punishment can disrupt children's learning

**TEACHERS** have a very important role in ensuring that children learn in a healthy and positive environment and also helping parents support their children's education without using punishment

#### Is Positive Discipline still relevant for teachers?

- Through Positive Discipline, we can establish and provide a safe learning environment for learners.
- Teachers can model to parents how to interact with their children at home.
  - Teachers can recognize potential situations of violence in the home and refer this to those who can help.

Mahalaga pa rin, kahit na hindi natin nakikita araw-araw ang mga learner natin, maramdaman nila yung Warmth na pwede nating ibigay sa kanila.

- Kindergarten Teacher, Project 6 Elementary School

#### End of Session