

## Behaviour Strategies

### HELP FILE

#### Cross-cultural difficulty, lack of respect

- In order to effectively manage this kind of behaviour the teacher needs to focus on the specific behaviours that are a problem. Observe and list exactly what children actually do and what you want them to do differently e.g. speaking rudely to you, - swearing at you, etc.
- It is important to remember that you cannot change the child, you can only get them to change their behaviour, and the key to that is moving them to wanting to change - sounds a bit complicated but it isn't and you have to start with a priority list of behaviours.
- So observe and record what they do - then prioritise this list. The second part of this is to record what **you** do when they act/behave in that unacceptable way. That is, what are **your** normal responses to that behaviour?
- Now focus on each of your normal responses to those behaviours. You will see that you always respond in this sort of way to that sort of behaviour, whether it comes at you in class or not.
- Then next to each of your previous responses list how you would prefer to react. This exercise will give you the sense of control which is not present when you react to a situation rather than controlling it. In addition the exercise gives you the practice of replacing your previous reaction with a controlled response, - which you can use next time. You'll be amazed at how useful this alone can be and how rapidly things change even if you don't use the next part which follows below this one. (Remember to be consistent in your responses.)
- Each of your preferred responses should simply also contain a statement of how the behaviour makes you feel. This is an "I" statement, and it informs the person of your position (for which they may be [entirely], responsible). It provides the justification in any culture to respond as you have already, and if necessary to take further action. That action

may vary from only making the person aware of how you feel (already done), to some form of correction; a consequence that is appropriate and warranted.

- This series of steps will move anyone towards wanting to and then changing, their own behaviour.

**Jenny Mackay**