



DEFUSING ANGER & AGGRESSION

Safe Strategies for Secondary School Teachers

MODULE 5: ESTABLISHING LIMITS



In the first scene, the teacher's initial response to Carl seems reasonable, but the situation escalates into a power struggle. In the second scene, the teacher focuses more on Carl's choice, and is able to direct Carl to begin working. The key to establishing limits is in how the choices are presented. The teacher should focus on the choices rather than on himself/herself.

Here are non-confrontational steps in establishing limits when a student is being insubordinate:

- Present a choice: perform the expected behavior or face a negative consequence
- Allow a few seconds for the student to choose
- Withdraw from the student and attend to other students
- Follow through:
 - If the student cooperates, acknowledge the choice and move on to other students
 - If the student does not cooperate, follow through with a consequence