



DEFUSING ANGER & AGGRESSION

Safe Strategies for Secondary School Teachers

MODULE 5: ESTABLISHING LIMITS

In the first scene, the teacher's response to Carl at first 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, whether the teacher focuses on himself/herself or on the choices.



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 to other students
 - If the student does not cooperate, follow through with the consequence