

Goals of Positive Behaviour

What we strive for when we have a positive mind-set and demonstrate our emotional wellbeing...

Youngster's Belief	Goal of Positive behaviour	Youngster's behaviour and Actions	Crucial Cs	How to *encourage positive goals
I belong and get acceptance from my family and friends by contributing	Positive Attention through a desire to be actively engaged Involvement Acceptance	Helps Volunteers Contributes	Connect I believe I belong I feel secure	Share individual and family goals in family or class meetings or planning with friends Let youngster know you appreciate assistance and cooperation
I am able to make my own decisions and be responsible for my behaviour and my actions	Power Autonomy Independence	Makes own decisions Works without being Prodded Is resourceful	Capable I believe I can do it I feel I'm competent and have self-control	Encourage decision making Express confidence and place faith in youngster
I want to be cooperative and equal	Respect Equal treatment of self and others	Seeks own rights responsibly Treats others with respect	Count I believe I matter I believe I can make a difference I feel significant and valued	Treat youngster as an equal Respect others so youngster has model of respectful behaviour
I can decide to withdraw from conflict and settle things respectfully	Withdrawal from conflict Positive resolution of conflict Refusal to initiate unproductive conflict Acceptance of others' opinions	Ignores provocation Withdraws from power contest	Courage I believe I can handle what comes I feel hopeful and willing to have a go	Avoid power clashes Recognise and encourage youngster's maturity and maturity in resolving conflict *also use encouragement starters for all 4 goals...

Adapted from Parenting Teens: Dinkmyer and McKay (1990) with aspects from the Crucial Cs: Lew and Bettner (1998) Responsibility in the Classroom
www.waspedwellbeing.co.uk margaret@wadsley-scot.co.uk