

Practice What You Preach...and Teach

We often hear that kids of today are unbelievably rude and disrespectful and/or how so many of them struggle to appropriately socialize with each other. And we as adults are completely baffled by it. We don't seem to understand how kids "got this way".

Yet, when we take a step back and look at the overall climate of the country and how adults act and treat each other over partisan issues or social justice issues, and/or how many adults responded and reacted to a world-wide pandemic and then intertwine those things with social media, news and digital life, it becomes a lot easier to see why kids act and react the way that they do these days.

Good, bad or otherwise, kids learn from watching and imitating adults in their life.

"Do as I say and not as I do", has never really been a very successful way to cultivate long lasting appropriate and respectful behavior from kids or anyone for that matter.

Modeling appropriate and respectful behavior in real life happenings at home and/or school is almost always the best way for kids to learn and apply appropriate/respectful behaviors.

Parents and educators can model and promote respectful behavior by first taking a look at how they interact with other adults and kids alike. When your kids see you talking and responding to others in a calm, respectful manner, especially when you are frustrated, angry and/or have a difference of opinion with someone, they begin to learn and conceptualize how they, themselves, can be respectful in moments of frustration, anger and how they too can respectfully voice their opinions and/or feelings. On the flip side, remember kids are always watching and when kids see adults, yell, criticize and put down others, they inherently learn that modeled behavior.

Schools all across the country utilize the Six Pillars of Character Counts and/or Social Emotional Learning (SEL) curriculums to help develop, teach, model and strengthen positive, appropriate behaviors and interactions in the learning environment. These kinds of curriculums used in classrooms have shown to help produce better academic results for students as well as foster healthy youth behaviors and peer relationships.

Parents and educators can also make a concerted effort to outwardly acknowledge and praise kids when they are on task, are kind to others, use good manners, show empathy and talk in a respectful manner even when they are upset.

You can visit <https://charactercounts.org> for more information and/or <https://www.panoramaed.com/blog/social-emotional-learning-curriculum> for more information on different Social Emotional Learning curriculums.

Sources:

<https://www.honorablecharacter.com/pages/teaching-kids-respect-in-the-classroom>

www.edweek.org/ew/articles/.../new-effort-to-promote-social-emotional-learning-in.html

<https://scipnebraska.com>

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