

# How Do You Spell R E S P E C T?

Tips for teachers and parents to increase compliance with requests.

**1)** Start with requests that the child can definitely do and praise him/her. “I need you to go get yourself an extra snack. Great! Thanks for following my direction.”



**2)** If your teen or student complains or protests requests, then give a fixed choice, which allows him a small level of control. Defiance of authority usually has a root in a need for control, so give him a little. You would be surprised at how often this works. Say, “You have a choice. You can start your math fact worksheet or read silently for 10 minutes. You pick.” I know, you’re thinking he will pick “neither” but that rarely happens. If he does say neither, you can say, “Would you like me to make a choice for you?” and that usually triggers a choice.

**3)** In the fixed choice technique, you can also make one choice totally undesirable so he picks the math worksheet or whatever you want them to do.

**4)** Make sure the teen understands the direction you are giving. You can ask them to repeat the direction in his/her own words to make sure all pieces of information got in.

**5)** Deeeeeeeep breath. Kids who always say “no” or defy your authority can be super exasperating. Try to remain calm and use a business-like tone, so they do not know you are about to lose it. Kids respond to modeling. Model calm so things don’t escalate.