



YOYOB – You Own Your Own Behaviour

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PRIMARY

KS2

CLASS CONTEXT: I introduced YOYOB when I started my new class in November last year. My new class had some challenging pupils who lacked social skills and the ability to talk and work positively with one another. After the first initial weeks, it became clear that behaviour issues in the classroom would escalate into something major when the problem in the first place was in fact, minor. The pupils were not necessarily disrespectful towards me, but more to each other. It was evident that problems escalated when pupils would react to others' behaviour instead of ignoring it.

SOLUTION: I spent several PSHE lessons and circle time talking about how I loved to see mature people in my class who could ignore negative behaviour around them. I focussed more on praising those who were concentrating on their 'YOYOB' rather than getting involved with another pupil's behaviour. We talked about how they couldn't control anyone else's behaviour but their own. It was my responsibility to deal with the negative behaviour, not them. It was useful to use visual demonstrations of the 'domino effect'. I explained to the class that once someone reacts, it causes a chain reaction and ripple effect where more and more people get involved even if they weren't responsible for the initial negative behaviour. We then discussed how it was frustrating for them as they would then get in trouble for something they didn't initially do, but they had lost focus and got involved.

Since talking about YOYOB, I've noticed a drastic change in my class. A simple hand gesture towards the YOYOB poster and a positive wink and nod towards a pupils, who is about to react to someone else, can help to prevent a major drama. It has allowed myself to build stronger relationships with my challenging pupils. I think that my pupils appreciated the fact that I was taking their views and feelings into consideration. Little by little my class have realised that by not reacting they've helped challenging pupils improve their behaviour because they are no longer getting the attention they were seeking and have given up trying to provoke and distract others.

It's never perfect, but this tool as certainly helped me to become a calmer, more controlled teacher in a more positive and peaceful learning environment.

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<http://www.pivotaleducation.com/taking-care-of-behaviour-online/>