

THE VALUE OF RESPECTFUL RELATIONSHIPS

Relationships based on mutual respect and dignity will lead to healthier, safer, and more just societies. PDCR helps our community learn a **model of connection and interaction**, along with concrete **communication tools**, which result in a positive cultural shift. This shift includes promoting the values of mutual respect and dignity, responsibility for oneself and others, social interest, civic engagement, curiosity, and solution-oriented thinking.

Future generations of children will learn to embody these principles as our social structures integrate these values, and families, schools, and community at large will implement and model them.



THE BENEFITS OF RESPECTFUL RELATIONSHIPS

PARENTING

- setting clear limits for children
- decreasing punitive parenting practices
- increasing the sense of positive connection in family relationships

SCHOOLS

- increasing academic success
- encouraging health and well-being
- reducing & preventing problems like bullying and truancy

COMMUNITY

- expanding capacity of adults who support youth
- promoting healthy, safe behaviors in children
- developing a culture of nonviolence, empathy, and cooperation



ABOUT PDCR AND OUR MISSION

Positive Discipline Community Resources (PDCR) is a social change nonprofit that supports **parents**, **schools** and **community** service providers in creating healthy and respectful relationships through the teaching of Positive Discipline.

OUR COMMITMENT TO TRANSFORMATION

PDCR teaches social and emotional awareness and communication skills in **parents**, **schools** and the **community** that promote initiative, responsibility, resilience, capability, and safe learning environments.

Weaving the fabric of our community

POSITIVE DISCIPLINE: A UNIQUE APPROACH

Positive Discipline, developed by Jane Nelsen and Lynn Lott, is based on the theory of Individual Psychology by Alfred Adler and Rudolf Dreikurs. PDCR is affiliated with the Positive Discipline Association, which supports members in 54 countries.

Foundation: feeling belonging and significance drives our behavior, and we do better when we feel better.

Goal: raising children with the long-term in mind. It teaches vital social and life skills (i.e., how to take responsibility for our actions and solve challenges).

Communication: is mutually respectful. Instead of punishing children, we stress the need for *discipline*, using both kindness and firmness at the same time.

Discipline: means *to teach*. Our children learn their behaviors through the behaviors that adults model.

Tools & Strategies: powerful and solution-focused. By regulating our emotions, we can teach children from a place of empowerment and self-control.



Positive Discipline Community Resources

*Transforming Lives Through
Respectful Relationships*



www.PDCRsantacruz.org

PARENTING

Parenting with Positive Discipline (PD) is a transformative experience. Based in evidence about brain development, attachment theory and Adlerian psychology, PD offers concrete tips and tools that support these key principles of our approach:

- **Teach and model mutual respect** (respect being defined as “consideration and understanding of” rather than the more traditional “deference to”).
- **Encourage connection and increase a sense of belonging, significance, and safety.**
- Discipline means **“to teach,”** not to “punish.” By drawing forth someone’s own knowledge, they learn more and feel empowered. Limits and structure are set in the context of a relationship of trust with kindness and firmness at the same time.
- Decide collaboratively and help people learn long-term skills; doing **“with”** (instead of “for”) children promotes a caring, respectful atmosphere that encourages the development of self-discipline, cooperation, responsibility, and problem-solving.
- **Mistakes are opportunities to learn.** We focus on solutions and accountability for our choices, rather than blame or shame.



SERVICES

- Parenting classes
- Support groups & clinics
- Family & individual coaching
- Resources & handouts like Tip Sheets

SCHOOLS

Positive Discipline in the Classroom (PDC) effectively addresses stress felt in schools to achieve high test scores, implement new curriculum, and tackle problems associated with bullying and an unsafe school climate.

At one school, there has **been an 80% reduction of referrals** to the Principal’s office over the past 3 years. Students feel more confident, have clear communication tools, and benefit from an infrastructure that supports problem-solving.

PDC integrates **social-emotional learning, brain research, mindfulness, and a trauma-informed approach** that optimizes impact. Staff trainings and parenting classes in schools encourage parents and children to become life-long learners.

PDC provides a cohesive structure and common language along with outlined curriculum and tools to improve:

- students’ emotional regulation skills
- school-wide communication
- students’ college and work readiness
- parent involvement and wrap-around care



SERVICES

- Staff training & ongoing support
- School consultation & team coaching
- Classroom visits & teacher mentoring

COMMUNITY

Using an ecological approach, PDCR seeks to create a culture where all relationships are mutually respectful. This goal is accomplished thanks to our partnerships with many individuals, agencies, and organizations. **Our network of allies work in diverse settings such as medical and restorative sectors which include:**

- Live Oak Community Resources
- Pajaro Family Resource Center
- Walnut Avenue Family & Women’s Center
- Santa Cruz Trauma Consortium
- Cabrillo College Extension
- Santa Cruz Adult School
- First 5 Monterey County
- Healthier Kids Foundation
- Above the Line Foster Family Agency
- Encompass Community Services, Gemma & RISE
- Santa Cruz County Sheriff

We are also expanding our team of trainers and facilitators through ongoing support, coaching, and mentorship. **These amazing advocates leverage their spheres of influence and build a critical mass for a thriving social movement!**



SERVICES

- PD workshops & trainings
- Collaboration & ongoing support
- Outreach & educational events