**Behavior:** Appropriate Language

**Why/Purpose:** To be respectful outside of school.

* To teach children that using appropriate language shows respect for others and themselves.
* To teach children that others will respect what you have to say if you listen and are respectful towards them.

**Teaching Examples:** *The following are situations that your child might find him/herself in. Use these examples to discuss with your child how to make good decisions about the language they use.*

* **Playing games**: Your child is playing a video game with a friend and the friend is taking too long at her turn. Talk about how that feels unfair and how that can make you feel angry. Talk about how you might want to grab the controller and say mean things. Then talk to your child about what they can do instead. (ex. Give yourself a short break, use your words to tell your friend how you feel.)
* **When others use inappropriate language:** Your child is watching a movie at a friend’s house with other kids. During the movie one of the characters says an inappropriate word. One of the kids watching the movie repeats the word over and over again. Talk about how your child might feel pressured to say the word too. Talk about what they could do instead. (ex. change the subject, ignore the comment, point out something good about the movie).
* **Feeling frustrated:** Your child is angry that you won’t let him/her go outside and play until their homework is done. Homework is sometimes hard and they think they might not finish in time to play. He feels like he is going to start to cry and refuses to do the homework. Talk about what your child could do instead (ex. ask for help, ask to do part of the homework now and part after taking a break to play).

**Activity/Role Plays:**

1. Teach your child how to use “OTFD” statements (Open the Front Door)

* + Arguing with their parent or sibling about who will clean up after dinner.

Ex. **Observation**- “*I noticed that*…you were fighting with Johnny about who should clean up.”

**Thought**- “*I’m thinking that…* you might not be clear about what the expectations are for this responsibility.”

**Feeling**- “*It makes me feel…* frustrated that not everyone is doing their part to help out around the house.”

**Desire**- “*I would like for you…* to do your part. What can I do to help you make sure that you are responsible for this chore?”

* + Being angry at two other kids who wouldn’t let him be pitcher at kickball.
  + Finding out that another kid was talking about them behind your back.
  + A child feels like they have to go to bed earlier then all of their friends.

**Follow-up/Reinforcement Activities:**

Compliment your child when you catch him/her using appropriate language and/or “OTFD” statements.