

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**. As our social structures incorporate these values, future generations of children will learn to embody the principles of:

- Solution-oriented thinking
- Civic engagement
- Mutual respect
- Responsibility



THE BENEFITS OF RESPECTFUL RELATIONSHIPS

PARENTING

- setting clear limits with kindness and firmness
- 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 **families**, **schools**, and **community**.

OUR COMMITMENT TO TRANSFORMATION

We offer classes, support groups, resources, trainings and programs for **families**, **schools**, and **community** service providers. Using research-based methods and experiential practice, PDCR teaches social and emotional awareness skills that promote initiative, responsibility, resilience, capability, and safe learning environments.

Weaving the fabric of our community

ABOUT POSITIVE DISCIPLINE

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*



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
- Connection before correction
- Long-term learning and relationships
- A sense of belonging and significance with opportunities for contribution
- Kindness and firmness
- Structure, follow through, and accountability
- Encouragement and empowerment
- Collaborative decision making
- Mistakes are opportunities to learn
- Problem solving
- Self-regulation and intrinsic motivation



SERVICES

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

SCHOOLS

Positive Discipline in the Classroom (PDC) effectively addresses bullying and other school stressors. Through the PDC curriculum, we create a positive school environment with clear communication tools and systems for problem solving.

At one school, there has **been an 80% reduction of referrals** to the Principal's office over the past 3 years.

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 and ongoing support
- School consultation and team coaching
- Classroom visits and teacher mentoring

COMMUNITY

PDCR seeks to create a culture where all relationships are mutually respectful. This is possible through our partnerships with many individuals, agencies, and organizations such as:

- Live Oak Community Resources
- Pajaro Family Resource Center
- Walnut Avenue Family & Women's Center
- Santa Cruz Trauma Consortium
- Cabrillo College
- Watsonville/Aptos/Santa Cruz Adult Education
- First 5 Monterey County
- Salud Para La Gente
- Healthier Kids Foundation
- Above the Line Foster Family Agency
- Encompass Community Services
- Queer Youth Task Force of Santa Cruz County
- Santa Cruz County Sheriff and detention facilities

We are expanding our team of trainers and facilitators through ongoing support, coaching, and mentorship to build a thriving social movement.



SERVICES

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