



# Behavior Brief: Yelling is harmful



No matter how frustrated you may be, maintaining your composure is essential.

We define 'yelling' as communicating in a loud volume with an aggressive tone.

**No amount of misbehavior or perceived disrespect justifies yelling at a child.**

## Impact of Yelling

- Disruption to students' feelings of safety in the classroom
- Loss of trust between you and students
- Models undesirable behavior: bullying, aggression, and loss of composure
- Damage to your credibility as the leader of your classroom

Yelling creates fear, which elevates the brain chemicals for our fight, flight, freeze, or fawn responses - none of which are conducive to learning. When students have experienced trauma, an adult yelling in the classroom can reactivate their trauma response and lead to even more unhelpful behaviors.

## *Additional reasons yelling is ineffective*

When a teacher yells frequently, they are training their students to listen only when they raise their voice. In other words, the students learn that unless the teacher is shouting, they don't really mean what they are saying. Yelling begets more yelling, which may in turn make the students immune to having the teacher's voice slightly raised, so the teacher has to keep increasing the volume and intensity to get their attention. Building relationships with children, setting & reinforcing clear expectations, and engaging in personal wellness practices to maintain your composure are far more effective.

*Instead, try...*



### Whole Child Practice: Language of Safety

Get students' attention, give clear directions, and reinforce appropriate behaviors to create a calm, predictable environment.

Whole Child Model  
[www.wholechildmodel.org](http://www.wholechildmodel.org)

*"To manage the behaviors of others demands that we manage our own behavior." - Belknap*