# Planned Ignoring

### Key Terms:

* Planned Ignoring: It is a behavior modification technique that involves intentionally ignoring certain undesirable behaviors in children to reduce its frequency or intensity.

## What are the steps of planned ignoring?

When one of your students is being disruptive, loud, or just acting in a way that is undesirable and is seeking attention. One of the best ways to fix this behavior is to use planned ignoring which is a strategy for behavior modification that deliberately involves disregarding specific undesirable behaviors in children, aiming to decrease their frequency or intensity. Below are some key aspects to follow when implementing planed ignoring:

1. Define Target Behaviors: Clearly identify the behaviors you want to discourage or eliminate.
2. Consistency is Key: Apply planned ignoring consistently across all you do with them.
3. No Attention: Refrain from providing attention, positive or negative, when unwanted behavior occurs.
4. Reinforce Positive Behaviors: Instead, actively praise or reward positive behaviors. It is often called “catch them doing good.”
5. Communicate Expectations: Ensure that everyone involved understands the plan and is on the same page and will keep up the consistency.
6. Be Patient: Behavior change takes time, so be patient and persistent. Often the behavior will get worse before it gets better.
7. Monitor Progress: Regularly assess whether the targeted behaviors are decreasing. Meaning you need to keep track of how the student is doing and if the behavior is decreasing. It may take time, so it is important to keep records of their progress.
8. Seek Professional Guidance: If the behavior persists or worsens, consult with a professional, such as a behavior analyst or therapist.
9. Adjust Strategies as Needed: Be flexible and willing to adjust your approach based on the child's response. Specifically, be careful not to hurt the student in the process, you may need to adjust yourself so that you are always showing love.
10. Provide Alternatives: Encourage and reinforce appropriate alternative behaviors. This should be explicitly taut whenever using planed ignoring.

## What are some situations this can be used?

You have a student that is constantly being loud and calling out saying “I Know I Know!” or “Pick Me Pick Me!” You notice that it is discouraging the other students from raising their hands and participating. You ask them to stop and let others answer but it never works for long.

You are a teacher, and you have a comedian in your class who will take whatever chance he gets to say something funny. This would be fine with you except it makes the class rambunctious and hard to control. You would usually laugh along then try to get back to topic, but that rarely works.

Both situations are prime examples of when you could use planned ignoring. Although there are other directions you can take to solve this problem, planned ignoring is an uncomplicated way to get class organized and back to the lesson thus eliminating this problem.

## Why can planned ignoring be hard?

One key factor is consistency; teachers need to consistently ignore specific behaviors to achieve the desired results, and any lapses in consistency may confuse students. Individual differences among students also pose a challenge, as some may escalate their behaviors seeking attention, while others may disengage entirely. Patience on the part of the teacher is crucial, as ignoring disruptive behavior can be testing especially since it usually gets worse before it gets better. Additionally, successful implementation relies on positive teacher-student relationships, and strained relationships may hinder the effectiveness of this strategy. Timing, parental involvement, and peer influence further contribute to the complexity of using planned ignoring. Documentation of behaviors and responses is essential for evaluating the strategy's effectiveness over time. Despite these challenges, planned ignoring can be a valuable tool when applied thoughtfully and consistently, adding to a positive and productive learning environment where the students can best grow.

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