

TABLE 17.1

## Ineffective Punishments

Physical punishment	Physical punishment typically is viewed as spanking, but it also includes washing someone's mouth out with soap or making someone remain in a physically uncomfortable environment (e.g., extremely cold, extremely hot).
Psychological punishment	Psychological punishment can include public humiliation, such as a teacher ridiculing a student in front of the class, and may lead to loss of self-esteem (Davis & Thomas, 1989; Shea & Bauer, 2012).
Extra homework	By giving additional homework as a punishment, teachers send the message that homework is undesirable. Teachers should be sending the message that learning is important, essential, and positive—not negative, bad, or unwanted (Corno, 1996).
Withdrawal of recess	Recess may be necessary for children to focus attention and behave appropriately, in addition to the usefulness of physical activity for health purposes (Cook-Cottone, Tribble, & Tylka, 2013). Attention appears to decrease after long periods of confinement in classrooms and to improve following recess (Holmes, Pellegrini, & Schmidt, 2006; Mahar, 2011). The American Academy of Pediatrics has stated that recess is necessary for child development and should not be withheld as a form of punishment (American Academy of Pediatrics, 2013).
Out-of-school suspension	In most cases, students who are given out-of-school suspensions do not view missing school as a punishment. Most of those students will see the suspension as reinforcement (e.g., staying home and not having to go to school is a good thing). In addition, empirical data suggest that out-of-school suspensions are given disproportionately to children from lower socioeconomic homes and minority ethnic groups, and to boys more than girls (Gibson, Wilson, Haight, Kayama, & Marshall, 2014; Krezmien, Leone, & Achilles, 2006; Skiba et al., 2011).