



## Parental Guidance: Non-Violent Resistance (NVR)

Non-Violent Resistance (NVR) is an approach that helps parents respond calmly and confidently when behaviour at home becomes challenging, aggressive or difficult to manage. The focus is on strengthening the parent-child relationship while reducing conflict, rather than relying on punishment, confrontation or escalating consequences.

NVR encourages parents to remain calm, consistent and persistent when addressing difficult behaviour. The goal is not to control a young person through force or arguments, but to show clear boundaries while maintaining care, support and connection.

### What Non-Violent Resistance means

NVR focuses on presence, consistency and calm responses rather than power struggles. Parents communicate clearly that certain behaviours cannot continue, while also demonstrating ongoing care and support for their child.

Over time, this consistent and calm approach can help shift patterns within the family by:

- Reducing cycles of conflict and argument
- Increasing a young person's sense of safety and stability
- Reinforcing the parent's role as a calm and reliable authority figure
- Strengthening the relationship between parent and child

### Reducing escalation and arguments

Many difficult situations at home become worse when both adults and young people feel under pressure. NVR encourages parents to:

- Avoid immediate confrontation during heated moments, particularly when emotions are high
- Delay responses where necessary, allowing time for everyone to calm down before addressing the issue
- Keep messages clear and brief, rather than entering long debates or repeated explanations
- Avoid responding to provocation, focusing instead on the key boundary that needs to be communicated

By refusing to engage in escalating arguments, parents reduce the emotional fuel that often drives conflict.



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### Maintaining parental presence

A key principle of NVR is parental presence, which means showing your child that you remain involved, attentive and supportive even when behaviour is challenging.

This can include:

- Staying engaged in your child's life and routines
- Showing interest in their wellbeing and daily experiences
- Communicating clear expectations without withdrawing support

Presence helps young people understand that boundaries exist alongside care and support.

### Setting clear boundaries

NVR encourages parents to communicate expectations clearly and calmly:

- Identify behaviours that cannot continue
- Explain expectations in simple, direct language
- Follow through consistently without threats or escalation

The aim is to maintain authority while avoiding conflict cycles.

### Building a support network

Parents often find challenging behaviour easier to manage when they are supported by others. NVR encourages families to involve trusted adults such as relatives, school staff or community members who can provide reassurance and guidance.

Knowing that support is available can help both parents and young people feel less isolated during difficult periods.

### Working in partnership with the Academy

If behaviour at home is affecting your child's wellbeing, relationships or engagement with school, families are encouraged to contact their child's College Pastoral Team. Working collaboratively allows school and families to share strategies and support young people more effectively.