

# Parent Guide

## Helping Create a Code of Conduct Poster



### Purpose

The poster is a powerful tool for your child to **reflect, own their behavior**, and **publicly commit** to becoming a better teammate. By using an "Above the Line / Below the Line" framework, your child will separate **productive** from **counterproductive** behaviors and learn how to self-regulate under pressure.

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### Your Role as a Parent

You're the guide, not the artist or the author. This is your child's work. Your job is to:

- Encourage honest reflection
  - Ask open-ended questions
  - Provide structure without controlling the process
  - Reinforce learning, not just discipline
  - Celebrate effort and growth
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### Step-by-Step Guide

#### Step 1: Set the Scene

Create a calm space to talk. Say something like:

“We all mess up sometimes. The goal here is to grow from it. This poster helps you figure out who you want to be as a teammate and a person.”

Let them know this isn't just punishment—it's about becoming stronger, wiser, and more respected.

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## **Step 2: Explain the Line**

Help your child understand the **Above the Line / Below the Line** concept.

**Above the Line = Required / Respectful / Helpful**

**Below the Line = Unacceptable / Disrespectful / Harmful**

Use sports or team examples they already understand. Ask:

- “What behaviors help your team succeed?”
  - “What kind of behavior gets people in trouble or lets the team down?”
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## **Step 3: Brainstorm Together**

Use a blank piece of paper or whiteboard to help them list:

### **Above the Line Behaviors**

- Encourage them to focus on respect, effort, teamwork, and emotional control.

### **Below the Line Behaviors**

- Ask what they’ve seen or done that causes problems or hurts the team.

Tip: Let them come up with 80–90% of the ideas. Gently offer suggestions if they’re stuck.

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## **Step 4: Personalize the Poster**

Let them choose:

- A title (e.g., “My Code,” “Team First,” “Play the Right Way”)
- 5–7 behaviors for each section
- One personal motto or rule

Examples: “Control what I can,” “My attitude is my choice,” or “Be the teammate I’d want.”

Encourage them to:

- Add team colors, symbols, or sports-related drawings
  - Make it neat and readable
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### Step 5: Review Together

Once the poster is done, talk through it using questions like:

- “Which Above the Line behavior is hardest for you right now?”
- “What does it mean to you to be a good teammate, even when you're frustrated?”
- “How will you remind yourself of these rules during a tough game?”

Let them share their thoughts first. Avoid lecturing. Keep it focused on **growth, not guilt**.

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### Step 6: Display & Revisit

Hang the poster somewhere visible—bedroom wall, inside the closet, near the sports gear. Revisit it briefly before games or after practices, especially when they succeed or struggle.

**Celebrate effort** more than perfection.

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### Final Tip: Be a Model

Show your child *everyone* has a personal code. Share your own—how you stay calm at work, deal with stress, or bounce back from mistakes. Kids learn more from what we show than what we say.

