



**OPERATION
KINDNESS**

Positive Reinforcement vs Positive Punishment

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Positive Reinforcement

Positive reinforcement works by giving a reward to the dog after a desired behavior is exhibited, making the behavior more likely to happen in the future.

The timing of the reinforce must happen within 1 second of the behavior, otherwise the dog is not likely to connect the reward with the behavior.

Examples of Positive Reinforcement

- The owner gives her dog a treat (reward) for going potty outside (desired behavior).
- The owner throws the tennis ball (reward) after the dog sits calmly (desired behavior).

Positive Punishment

Positive punishment works by giving an unpleasant consequence to the dog after an undesirable behavior is exhibited, making it less likely the happen in the future.

The timing of the punishment must happen within 1 second of the behavior, otherwise the dog is not likely to connect the punishment with the behavior.

Examples of positive punishment

- Dog jumps on the couch (behavior) and then the owner yells at the dog and makes him get off (unpleasant stimulus).
- Dog pulls on leash (behavior) and then the owner jerks on the leash (undesirable stimulus).

Many studies show that the use of physical punishment can result in unintended consequences. Some of the issues that are reported to occur with the use of positive punishment in dog training are an increase in fear and aggression. Even though using positive punishment may seem like it provides quick results, it often does not address the root cause of the behavior.

We recommend the use of positive reinforcement when implementing training and only considering positive punishment when all other methods, including addressing the pet's health, managing the behavior and using positive reinforcement training, have failed. We never advocate for the use of any training technique that causes pain, fear, or unnecessary stress to the animal.

For behavior and training advice, please contact Operation Kindness at behavior@operationkindness.org or visit www.operationkindness.org/training.