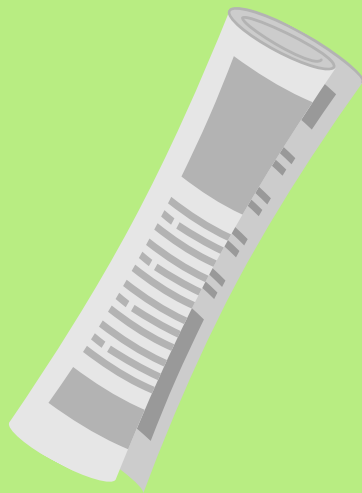


The Problem with Punishment



**ANIMAL
BEHAVIOUR
KENT**

VIGILANCE INCREASES



Dogs that are heavily punished are often found to be more vigilant during day to day life. This means they are likely to be generally less confident and may be fearful in new situations.

BONDING LESS STRONG



Dogs rarely use punishment and aggression when communicating with their social group in a natural environment. If a dog is frequently punished by their owner then the strength of their bond is likely to be affected. This may result in avoidance or over pleasing of the owner.

HIGHER STRESS LEVELS



Dogs that are trained with punishment generally have higher levels of the stress hormone cortisol. This puts them at higher risk of developing behaviour problems and stress related diseases.

GREATER RISK OF AGGRESSIVE BEHAVIOUR



Aggression is more common in dogs that are trained with punishment. This may be as a result of increased fear or frustration. Training with positive reinforcement greatly reduces the risk of aggressive behaviour developing.

IT IS LESS EFFECTIVE



Training with positive reinforcement tends to have better results when it comes to obedience levels. Dogs trained exclusively with positive reinforcement are generally reported to be more obedient and have less problem behaviours.