



## **Position Statement: Positive Reinforcement Training**

One Tail at a Time believes that positive reinforcement training is the most effective, safe, humane, and risk-free training method. Punishment-based training using aversive techniques (including but not limited to: prong collars, shock collars, spray bottles, harsh leash corrections) suppresses rather than corrects unwanted behavior, and may lead to behavior fall out. Studies have established an indisputable link between aversive training and increased stress, fearfulness, and aggression in the dogs subjected to this type of training. (1)

Thankfully, in recent years our understanding of how training should be applied has evolved to prioritize the relationship between humans and their dogs, a relationship that is undoubtedly damaged by the use of punitive corrections. Recent research has shown that positive based training results in happier dogs who are more obedient and more adept at learning than their punishment- trained counterparts. (2) The scientific consensus offers a strong rebuke to the 2 outdated modes of dominance-based training when it comes to companion animals. At One Tail at a Time, our goal is to adopt out dogs who will thrive in homes and communities; we believe the best way to accomplish this goal is through training our dogs with a commitment to humane and ethical practices rooted in science. Therefore, One Tail at a Time supports positive reinforcement training and trainers only, without exception.

### References:

1 Training methods and owner-dog interactions: Links with dog behaviour and learning ability

<https://www.sciencedirect.com/science/article/abs/pii/S0168159111000876>

Does training method matter? Evidence for the negative impact of aversive-based methods on 2

companion dog welfare <https://pubmed.ncbi.nlm.nih.gov/33326450/>