

# DIFFERENCES BETWEEN BALANCED TRAINING & REWARD-BASED TRAINING

## WHAT IS BALANCED TRAINING?

Balanced training is used to describe training that uses both rewards and aversive methods, as well as corrective tools to train dogs.

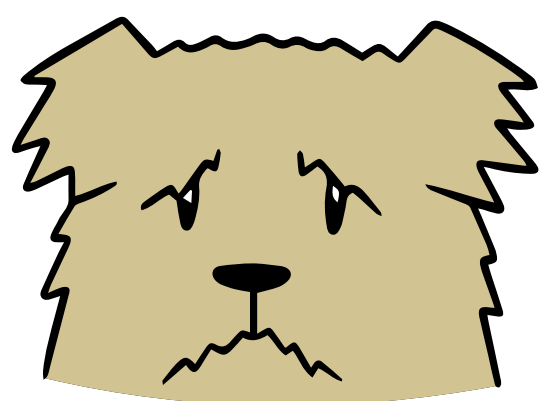


## WHAT ARE AVERSIVE TRAINING METHODS?

Aversive methods use fear and pain to motivate dog behaviour. Examples include: prong, choke and shock collars; jerking on the leash or collar; physical punishment like hitting your dog.

**Balanced training uses tools and methods that cause pain and fear in dogs**

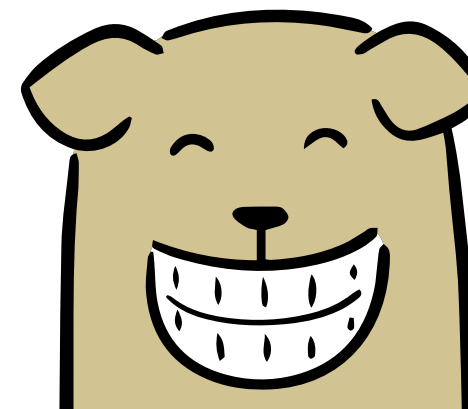
## BALANCED TRAINING



Uses rewards  
**AND**  
punishment

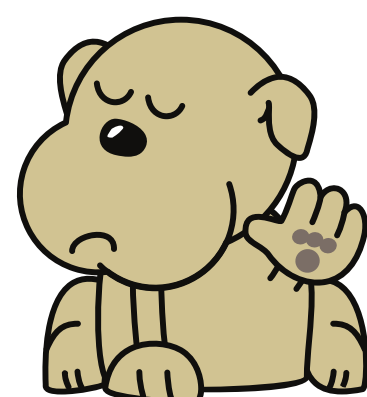
- ✗ May use corrective tools (i.e. choke, prong & shock collars)
- ✗ Uses punishment-based methods to motivate behaviour change
- ✗ Uses training tools regardless if they cause fear and pain to dogs
- ✗ Not more effective than reward-based training AND it is associated with negative long-term outcomes

## REWARD-BASED TRAINING



Uses food rewards  
**AND DOES NOT**  
punish your dog

- ★ NEVER uses corrective tools and will not advise their use
- ★ Uses rewards to show your dog what to do and motivate them
- ★ Uses treats, toys and attention to reward your dog
- ★ Effective AND strengthens the trusting bond you and your dog share



**The use of corrective tools ignores the link between punishment-based training and poor dog welfare**

Always choose **reward-based** training!  
Learn more at [animalkind.ca](http://animalkind.ca)



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