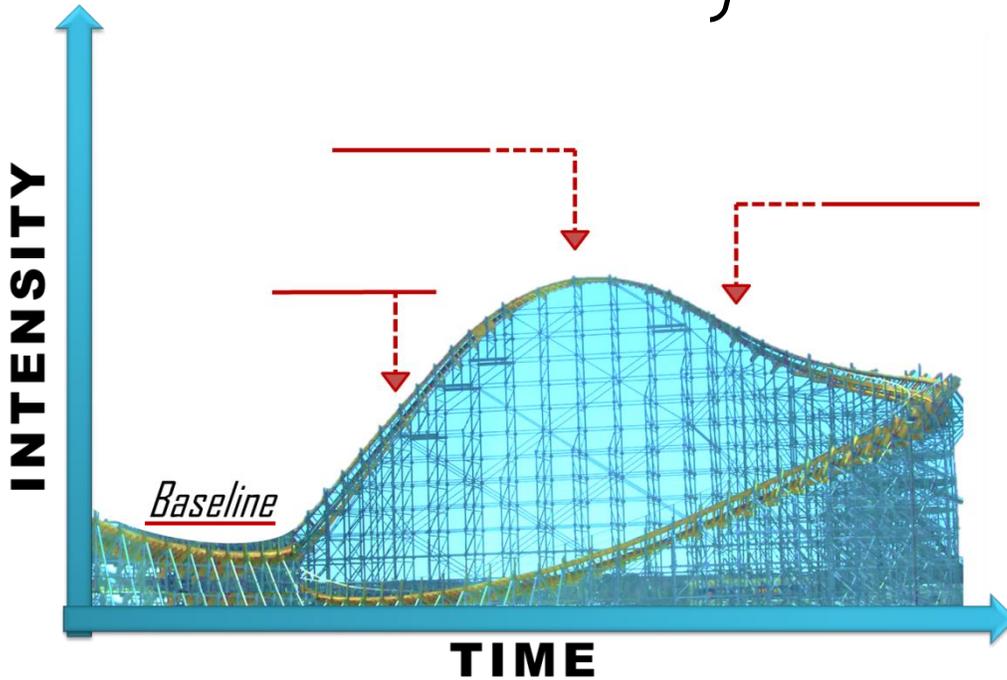


Introduction to Positive Behavior Support

As a result of participating in this segment of training, you will be able to:

1. Name 3 functions of behavior
2. List at least two examples of triggers (antecedents)
3. Examine the categories of setting events (physical/medical, environmental, social/psychological)
4. Summarize the purpose of a functional assessment
5. Identify environmental elements that support positive behavior
6. Distinguish between natural consequences and punishment
7. Identify conditions that create potential power struggles
8. Role play active listening skills
9. Provide examples of how dignity and respect are reflected in daily interactions
10. Recognize the stages of the escalation cycle and what types of interventions might be appropriate at each stage

Escalation Cycle



My Notes

Escalating Behaviors

Rate Travis's escalating behaviors on the left from 1-10 by writing them in the space provided on the right. One is the mildest and ten is the most intense.

Yelling		1
Calling names		2
Ramming into people with his wheelchair		3
Refusing to talk		4
Grabbing		5
Hitting his own head with his fist		6
Biting his own wrist		7
Mumbling		8
Staring		9
Swearing		10

Time & Space
"I'll be over here when you feel like talking."

Teaching
"Let's practice."

Ensure Safety
Don't turn your back

Connect
"(Name), are you okay?"

Choices
"Would you like to talk, or would you rather listen to music?"

- 1.
- 2.
- 3.
- 4.
- 5.

Redirection
"Let's go see what we can make for dinner."

Unconditional Support
"I can see that you're angry, and that's okay."

Active Listening
Repeat back what you've heard.

Problem Solving
"So what do we need to do to fix this?"

Get Help
If safety is a concern, find assistance

My Positive Behavior Support Plan

Name: _____

Implementation Date: _____

6 Month Review Date: _____

Definition of Challenging Behavior: _____

Function of Behavior: _____

Setting Events: _____

Triggers: _____

Strategies for Dealing with Challenging Behavior:

- _____
- _____
- _____
- _____
- _____

