

# Positive Behaviour Support



# Positive Behaviour Support (PBS)

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Is a person-centred approach

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Non aversive (does not use punishment)

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An effective intervention approach

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Reduces the frequency intensity and duration of behaviours of concern

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Sits alongside the 'rights of the person' with a disability and [Human Rights](#) and [EGL Principles](#)



# What is Challenging Behaviour?

It is mainly used to describe

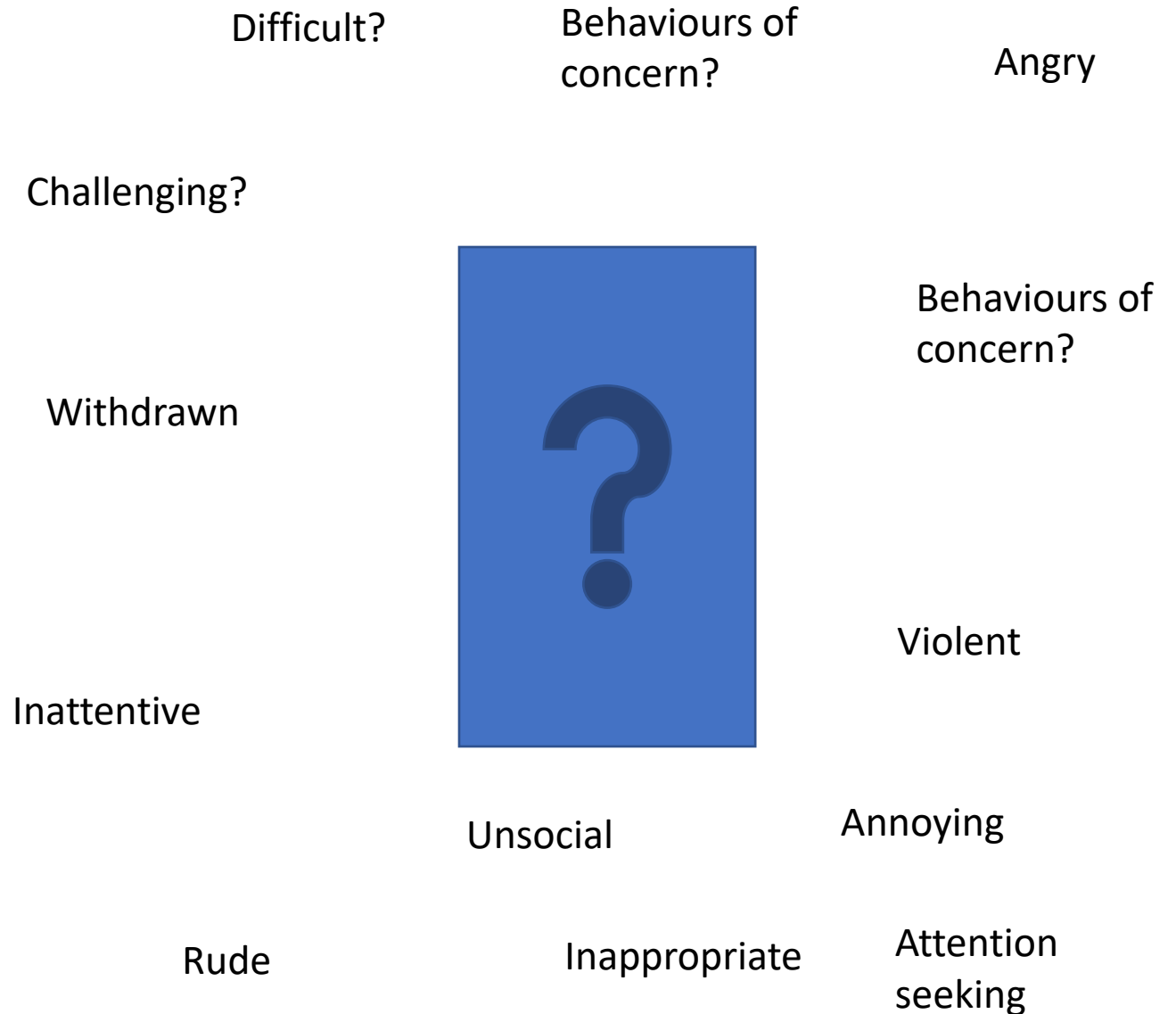
- Putting the physical safety of people at risk
  - Causing difficulties that limit a person's ability to have a good life
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# Why is it called Challenging behaviour?

A person's behaviour is called *challenging* because it challenges those who support the person.

It is important to understand why this challenging behaviour is happening and to work together to find a solution

What language is often used to describe a person's challenging behaviour?





Lets re-think that.....  
Could the Person's  
challenging behaviour be....

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- A way to communicate
- Telling us what is wrong or missing e.g.
  
- I don't understand
- That's too loud
- That's too confusing
- I'm unwell, hungry, tired
- I'm bored, frustrated
- Notice me, listen to me, acknowledge me, include me
- Leave me alone
- I want a friend/relationship
- What else????



**All behaviour serves a purpose and is functional**



# Lets look a bit closer

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Challenging Behaviour is often attributed to the person demonstrating the behaviour

However, the challenge often belongs to the people surrounding the person

We need to ask....

- Why does the person need to engage in that behaviour?
- What can we do to support the person



*Its not  
about  
changing  
the person*

*Its about changing...*



*the environment*



*Systems*



*Practices*



*Supporting the person  
to make positive  
behaviour choices*

# Challenging Behaviour

things to consider

Routines and rituals

Transitions

Sensory sensitivities and Sensory overload

Unrealistic expectations

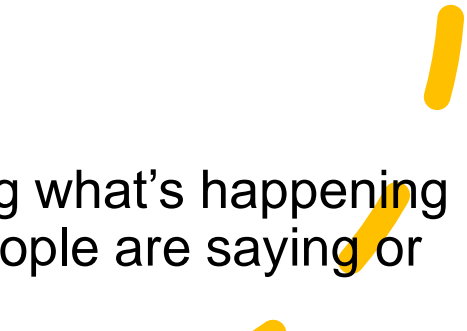
Discomfort

Anything else??



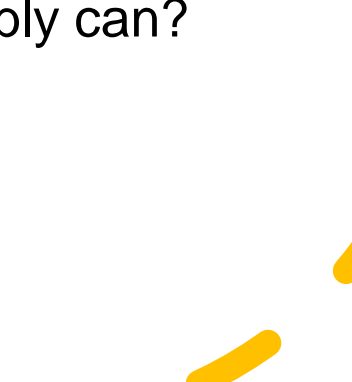
# Challenging Behaviour

More things to consider

- Why does the person behave in this way?
  - Can we modify the environment that triggers the behaviour?
  - Can we teach the person new skills to meet their needs so they can use new skills not the challenging behaviour?
  - Have we got clear strategies to safely manage the situation?
  - Is the person having trouble understanding what's happening around them – for example, what other people are saying or communicating non-verbally?
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# Challenging Behaviour

More things to  
consider

- Does the person have effective ways of communicating their own wants and needs- e.g communication devices, sign language, body language etc
  - What do they like to do, what are they good at?
  - Is the person living the best life they possibly can?
  - Anything else?....
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# De-escalation Tips

- Stay calm
- Manage your own response
- Set limits
- Handle challenging questions
- Prevent physical confrontation

Some  
Strategies to  
try...

Set clear expectations

Model positive  
behaviour

Be consistent

Acknowledge effort

What else?

Behaviour specific  
praise e.g that's great  
Luke that you waited  
for your turn to choose  
a game

# Some resources and Support

## *Education-*

- **RTLB (Resource Teacher Learning and Behaviour)**<https://www.education.govt.nz/school/student-support/special-education/resource-teachers-learning-and-behaviour-service/>
- **IWS (Intensive Wraparound Support)**<https://www.education.govt.nz/school/student-support/special-education/intensive-wraparound-service-iws/>
- **Psychologists**
- **Behaviour support**  
<https://www.education.govt.nz/school/student-support/special-education/behaviour-services-to-help-schools-and-students/behaviour-services-and-support/>
- **Incredible years programme (Education)**<https://pb4l.tki.org.nz/Incredible-Years-Parent>
- **School counsellors (secondary)**

## *Explore (NASC referral)*

<https://www.healthcarenz.co.nz/service/explore-specialist-advice/behaviour-support-services/>

**MAPA training**<https://www.crisisprevention.com/en-NZ/Our-Programs/MAPA-Management-of-Actual-or-Potential-Aggression>