

# Positive Behaviour Support

## Supporting pupils in your educational setting:

- Understanding PBS
- Understanding factors behind behaviours of concern
- Planning effective responses & strategies



***“ PBS blends values concerning the rights of people with disabilities, with a practical science about how learning and behaviour change occur”***

**Horner 2019**



***Intervention is based on evidence & fact not on what we think***



## What is Positive Behaviour Support?

- Positive Behaviour Support is an intervention that focuses on addressing young people's needs, their home environment and overall quality of life.
- PBS is about working with families and carers to develop a shared understanding about why the person has a need to engage in behavior of concern.
- PBS is an evidence-based approach with a primary goal of increasing a person's quality of life and a secondary goal of decreasing the frequency and severity of their challenging behaviours.

## Ten core values:

### Values

1. Quality of Life and those around them
2. Developing & building skills not punishment
3. Team around the child

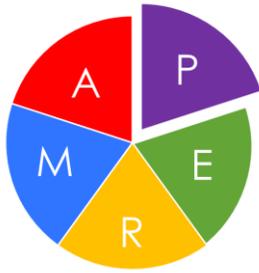
### Theory

4. Function of behaviour
5. Applied Behavioural Analysis
6. Evidence based approaches

### Process

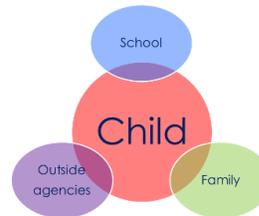
7. Decision based on fact not suppositions
8. Functional Assessment to form structured plan
9. PBS Plan to proactively prevent behaviours
10. Long term Support

<https://www.bild.org.uk/about-pbs/>



## Values

- Perma Model; Positive emotion, Engagement, Relationships, Meaning & Achievement
- Teaching new skills – identify what you would like to teach them and how?
- Setting goals that you can track together
- Team around the family – child is always at the centre of the intervention



**'All Behaviour has a positive intention'**

**NLP presupposition**



## Theory

- Function of behaviour. All behaviour has a reason behind it; escape from demands, attention, relief from internal discomfort, sensory or stimulation or a tangible reason
- STAR - Setting, Trigger, Action, Result
- Assessment - a variety of methods which will inform practice; anxiety maps, 5-point scale, observations & discussions
- Consideration given to who should be included and how?

## Process

- Starting a plan directly linked to the evidence collected
- A PBS plan will include proactive strategies to prevent challenging behaviour from happening, strategies to teach new skills to make the challenging behaviour less likely and reactive strategies that minimise restriction if it does occur
- The plan is influenced by the whole team, including the child
- Feedback loop will include monitoring and reviewing at regular intervals to ensure that the correct support is in place

*Positive Behaviour Support is not a quick fix. The aim is the actively support people over the long-term and to monitor and maintain their quality of life.*

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### Resources:

[bild.org.uk](http://bild.org.uk)

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