



## POSITIVE BEHAVIOUR - CHALLENGING BEHAVIOUR IN YOUNG PEOPLE

The course will help you to develop your skills, confidence and knowledge in managing challenging behaviour in young people. This training is suitable for professionals who want to have a better understanding of how to respond to the behaviour of the children that they work with.

### **What is Positive Behaviour Support (PBS)?**

- ❖ Background of PBS.
- ❖ An introduction to the Model.
- ❖ Functional Behavioural Assessment.
- ❖ Primary Prevention.
- ❖ Secondary Prevention.
- ❖ Crisis Intervention.
- ❖ Relevant background legislation.
- ❖ Evidence for PBS.

#### **Creating a high-quality environment**

- ❖ Teamwork.
- ❖ Consistency, safety and reliability.
- ❖ Awareness of surroundings.
- ❖ Meaningful activities.

#### **Considerations for the Individuals**

- ❖ Communication
- ❖ Different styles.
- ❖ Why good communication is so important.
- ❖ External Stimuli.
- ❖ Health: physical and mental.
- ❖ Strengths, ability and motivation.
- ❖ Inclusion of their support network.

#### **Active Support**

- ❖ What is Active Support?
- ❖ How it fits so well with PBS.
- ❖ The 4 essential components.
- ❖ Learning new activities:
  - ❖ Task Analysis
  - ❖ Backwards Chaining
  - ❖ Prompt and fade.
- ❖ How to maximise the chances of successful implementation.

#### **Understanding and Creating the PBS Plan.**

- ❖ What is a PBS Plan?
- ❖ The 4 components.
- ❖ Avoiding an incident
- ❖ Developing alternative behaviours that meet the need.
- ❖ Increasing skills and communication.
- ❖ Longer term plans.

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