

## Behavior Support Guide

### What is Behavior Support?

**Behavior Support** refers to strategies and interventions aimed at improving the quality of life and reducing challenging behaviors.

**Behavior Support** aids in:

- Making responsible students
- Creating self-reliant opportunities for students
- Helping to formulate creative ways for calming methods to be used in or outside of schools settings
- Building self control
- Building self-discipline
- Helping to make responsible adults in the future

### Emotional Escalation Levels

Though **emotional escalations** can be different for all students, there are five general stages of **emotional escalation** that usually takes place and they are:

**Triggered** (by an action, reaction, word, gesture, etc.)

**Escalation** (becoming aggressive, moving towards a harmful state)

**Crisis** (kicking, punching, spitting, hitting, being harmful, etc.)

**De-escalation** (starts the process of calming down)

**Stabilization** (the student is calm and needs reassurance)

**Note:** When students are in the **first two stages**, they can calm down to be redirected but it takes strategy, calmness, and patience for it to work properly (which will be listed towards the end of this module entitled “Positive Ways to Help Students”).

### Keep the Harmful Student Safe

The way to **keep the harmful student safe** is to:

- Keep sharp objects out of their reach and out of their way
- Keep objects that are harmful to others locked in a cabinet that the harmful

student cannot get into when they are angry

- Find places for the student to take a break if the student enjoys the environment and stays calm in the environment
- Watch out for overstimulation situations (loud events, gathering crowds, bright lights, alerting sounds that startle the student, bright colors, weird smells, etc.)
- Provide breaks in a calming room on a daily basis so student is mindful of the decisions they can make for positive rewards
- Listen to the student and heed the warning signs (ex. If the student says, "Leave me alone!" and they are safe, leave the student alone (stop bothering the student))

## Keep the Classroom Students Safe

The way to **keep the classroom students safe** from harm is to:

- Heed the warning signs of the harmful student (if they say they are going to hit, kick, throw, push, etc., believe them and get mentally prepared to react)
- Have a "Safety Plan" with other teachers where you can have your classroom go and wait until the situation calms down or the student of harm is removed
- Pay attention to the patterns of the harmful student and learn their behaviors to soothe them before they escalate
- Keep a walkie on hand to call for help if needed (keep near you at all times)
- If the harmful student wants to leave the room, let them (but keep close watch)
- Place harmful student in "Calming Room" until they are calmed down

## Keep You and Support Staff Safe

The way that **you and your support staff can keep safe** is to:

- Stand at a distance from the student that is being harmful (if possible)
- If near the student, practice the safety stance that is learned in CPI training (see CPI website after the module)
- Wear protective clothing, shoes, and stay away from wearing jewelry that can be harmful, if the student comes around
- Make sure that your lanyard (on your neck) is harm-proof or easily removable without becoming a choking hazard

- Keep hair up and away from your shoulders to avoid grabbing or pulling
- Lock up sharp or dangerous objects in a cabinet that the student can't get in
- Have a code word that you all can use to call for help if ever in danger (without the student knowing so they don't become angrier)

## Positive Ways to Help Students

- Keep routines
- Set breaks
- Have silent signals
- Use proximity [Proximity Control](#)
- Use quiet corrections (or non-verbal signals)
- Stay calm
- Don't take it personal
- Be patient
- Give special tasks
- Use positive phrasing [The High Schooler](#)
- Use behavior statements
- Have tangible PBIS rewards <https://www.pbis.org/> [PBIS Framework](#)
- Set boundaries
- Be relatable
- Don't give up

For more information on in-person district CPI training opportunities.

Click on:

<https://www.crisisprevention.com/>