

POSITIVE BEHAVIOUR SUPPORT

**‘HOW DO I LET YOU KNOW WHAT I
NEED WITHOUT USING ‘A
BEHAVIOUR’ TO TELL YOU?’**

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First things First.

Problem Behaviour is a sign that something is wrong,
or that something is not going right.



So I need to find out what the problem is and I need help to do that.

'LISTEN TO MY STORY'



In this part I want to tell 'My Story'.

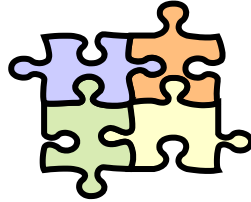
By telling my story I want others to know me so that they can help me find out what I might need and also to look at my life right now. I can ask the people who love me and know me well to help me with this as they might remember things that are important for me to think about as I tell my story.

So... Who I am? Where I was born. My home. My time in school. My family and friends. My likes and dislikes. My health and my body. What I do with friends, things I like to talk about and think about. I want to think about me, what is important to me now and in the future. This is private information and I may not want everyone to know about it, I will and can decide who to talk to and share this information with.

'LEARN ABOUT MY BEHAVIOUR'

In this part I want to know all about my behaviour, this will help me and others find out what the behaviour is about. So... when does my behaviour happen, how long I have had this behaviour, what makes my behaviour happen, what do people do to me when I have this behaviour and what do I do to others when I have this behaviour and why do I do this?

'MY PLAN'



Now that I know what the problem is, I want to be able to tell you what I need without using a behaviour, I want to learn better ways to tell you, I want to learn how to do more things for myself, I want things to do that I like, I want to have friends, the things that 'start' my behaviour- I don't want them to happen, or happen less often, I want people to speak to me clearly and nicely, offering me choices and giving and sharing information with me. I want to have fun and get out and about. I want people to ask my permission about things, and when I have a problem, I want people to remember that there is a reason for my behaviour, and to help me calm down in a nice way, a way to keep me from hurting myself and others but also in a way that I know, have agreed with and I like. I want my plan to be written down and I want to check this every week to see if it is working and if I still like it.

ME AND MY BEHAVIOUR

Not only do I want to tell my story and get to learn about my behaviour, I also want to know about, agree with and be part of my plan. On top of that, I want to know how I am doing, I would like to see pictures or have someone sit down with me and tell me what is going well and what is not. I want to know that the people who understand my behaviour are working with me, so that I use behaviour less often. I want to learn new ways to tell people what I need, so teach me. I want to understand more about what is going on around me so don't leave me out, include me.

YOU AND 'MY BEHAVIOUR'

Now that we all know what my behaviour is about, I want people to continue to be able to find things out with me. I want to be included in all talks and meetings about my plan. I want to see my plan and it to be made easy for me to understand. I need help to do this and I want you to help me, to include me so that I am able to understand my behaviour and my behaviour plan. I might need your help to tell other people about my plan and to make sure that they know what I need and that they follow my plan.

I also want to think about now, next year and my future with my friends and family. I might want to think about where I am living, working, having fun, my money, my health and having things to look forward to and other things to.

ALL THIS IS CALLED POSITIVE BEHAVIOUR SUPPORT