

# **POSITIVE BEHAVIOUR SUPPORT**

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

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## 'HOW DO I LET YOU KNOW WHAT I NEED WITHOUT USING 'A BEHAVIOUR' TO TELL YOU?'

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'.

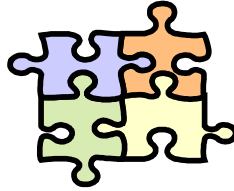
By telling my story I want others to know me so that they can help me find out what I might need and also to look at my life right now. I can ask the people who love me and know me well to help me with this as they might remember things that are important for me to think about as I tell my story.

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**