

# If all behaviour is communication...



... are we listening?



**Ask yourself:** What is this behaviour communicating?

# Understanding behaviour

- Has this happened before?
- What worked well last time?
- Is there a pattern emerging?
- What might have triggered this?

- How am I feeling?
- Am I the right person to respond?
- Do I need support?

- Is there an unmet need?
- What about previous trauma?
- What additional needs may they have?
- What are their preferred supports?

I'm here to help you



**Ask yourself:** What is this behaviour communicating?

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## 5 Strategies for Meaningful De-Escalation



Understand when to respond rather than react to behaviour

Practise effective de-escalation strategies until they become automatic

Be evaluative and consider what worked and what didn't work






Practise active listening and respond with empathy

Employ a restorative approach to rebuild relationships



# Dynamic risk assessment

## Before responding, ask yourself:

-  What is best for this individual at this time?
-  What is likely to happen if I take action?
-  How can I reduce risk for everyone?
-  What's the risk of doing something vs not doing it?
-  Am I the right person to respond?





# Need support with behaviour?

Ask our school Team Teach Trainer:

