

COURSE CONTENT OVERVIEW

# Challenging Behaviour



This Challenging Behaviour course is designed for professionals who want a better understanding of how to manage the challenging behaviour of the children that they work with.

The course helps learners to understand the underlying causes and functions of challenging behaviour, and provides information on proactive techniques (which reduce the likelihood of the behaviour occurring), as well as deflective, reactive, and de-escalation techniques (for when challenging behaviour does occur). It ensures that you have the skills and confidence to handle all types of behaviour incidents effectively.

### **Module One - Understanding and Defining Challenging Behaviour**

This module defines challenging behaviour, highlighting the impact that it can have on the child and those around them. It goes into detail about the potential causes and functions of the behaviour, and looks at the different behaviour theories that we might use to better understand it. It also touches on the importance of a whole-school approach when handling behaviour incidents.

- What is challenging behaviour?
- The impact of challenging behaviour
- Functions of behaviour
- Underlying causes of behaviour
- Understanding and explaining behaviour
- The whole-school approach

### **Module Two - Proactive Behaviour Strategies**

This module looks at the importance of putting proactive strategies in place to reduce the likelihood of challenging behaviour occurring. It explains techniques such as building relationships, rules and routines, preparation, rewards, and optimising the learning environment. It also discusses how culture can affect the way we perceive challenging behaviour, and how we should handle this.

- Modelling positive behaviour
- Building relationships
- Language, voice, and vocabulary
- Giving clear instructions
- Gaining pupils' attention
- Rules and routines
- Visual prompts
- Expectations
- Consistency
- Preparation
- Culture and challenging behaviour
- Rewards and recognition
- The learning environment
- Engaging with parents and carers

### **Module Three - Managing Low-Level Disruption**

In this module, we discuss how to respond effectively to low-level disruption. Techniques such as strategic ignoring, redirection, and peer praise are discussed (deflective techniques), as well as those such as correction and sanctions or consequences (reactive responses). The idea of the ladder of consequences is introduced - this can be used to structure your behaviour strategy.

- What is low-level disruption?
- Strategic ignoring
- Redirection
- Peer praise
- Correction
- Set responses
- Restorative practice
- Sanctions and consequences

### **Module Four - Responding to Extreme Behaviour**

This module looks at extreme challenging behaviour and how this should be handled. It discusses de-escalation strategies, sanctions and consequences, and how to resolve behaviour incidents, as well as when - and what form of - physical intervention is appropriate. It provides you with templates for monitoring and documenting behaviour, including an ABC chart, behaviour incident form, report card, and behaviour support plan. It then gives an overview of the different types of interventions that could be used to support a child in moving past challenging behaviour.

- What is serious or extreme behaviour?
- De-escalation strategies
- Physical intervention
- Sanctions and consequences
- Resolving behaviour incidents
- Monitoring or documenting behaviour
- Behaviour support plans
- Interventions

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## **Module Five - Expert Tips and Resources**

This final module provides a compilation of resources pertaining to challenging behaviour. It discusses how to support yourself and others when handling stressful behaviour incidents, including suggestions about self-care and effective mentoring. Research suggestions around behaviour management are summarised, and ideas for further reading are included. The module also contains an optional challenging behaviour podcast and a detailed downloadable course summary for future reference.

- Supporting yourself and others
- Self-care
- Research-based behaviour tips
- Behaviour audit survey
- Top tips infographic
- Challenging behaviour podcast
- Further reading
- Behaviour model
- Downloadable course summary

## Aims of the training

By the end of this course, you will:

- Understand what challenging behaviour is, theories behind it, its potential causes and functions, and the impact it has on the child and those around them.
- Be able to monitor and assess an individual child's behaviour using tools such as a behaviour support plan.
- Understand the importance of a whole-school approach to behaviour.
- Be able to use proactive strategies, including building positive relationships with students, teaching rules and routines, optimising the learning environment, and using rewards effectively.
- Be able to use deflective strategies, such as redirection and peer praise, in response to low-level disruption.
- Be able to apply reactive strategies, such as set responses, sanctions, and consequences effectively.
- Understand how to respond effectively to extreme behaviour, including de-escalation strategies and physical intervention during the event, and restorative practice and targeted interventions after the incident.