

Behavior Blast Newsletter

Your quick guide to understanding behaviors

November 2021

Functions of Behaviors

Attention- behavior is an attempt to gain access to attention from staff or students/peers. Attention could be negative or positive.

Escape- behavior is an attempt to escape a person, activity or situation. Does not always mean escape from a task/demand

Access to Tangibles- behavior is an attempt to access an activity or item

Sensory- student is engaging in the behavior because it feels good to them or because it relieves discomfort or pain.

What NOT to do:

sometimes we may accidentally reinforce maladaptive behaviors

Things to avoid:

Attention seeking behaviors:

- Verbal reprimands
- Lectures
- Yelling
- Threats
- Making an example for the rest of the class

Escape Behaviors:

- Time out
- Long lectures
- Breaks after engaging in disruptive behaviors

Tips and Tricks

- Be proactive- intervene before the behavior occurs (antecedent strategies)
- Change how the demand is presented
- How else can we help the student meet the function of the behavior in an appropriate way?
 - Offer a break before a difficult task, provide a break after a certain amount of time spent working, work in pairs or with the teacher for part of the assignment
- Teach the replacement skill
 - Asking for a break or assistance.

