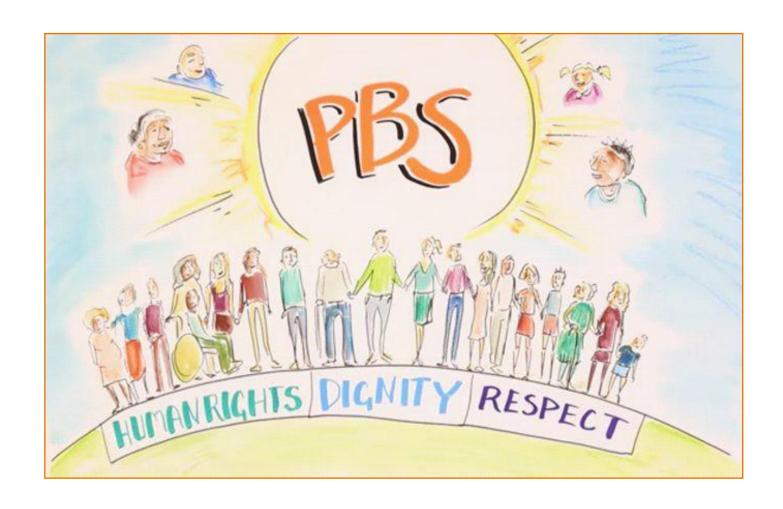
## bild CAPBS



### Positive Behaviour Support

Working together to make things better





# Sometimes life is hard, and when it is we all need good Positive Behaviour Support, or PBS for short



PBS can help when:

things go wrong



we can't get something we need



• life is not good



• it is difficult to cope



we don't feel ok



 other people don't want us to do something



You may need good PBS if you:

get very angry



frighten other people



hurt other people



hurt yourself



run away



sit down and will not move



break things



 make other people worried about some of the things you do



do dangerous things



When these things happen they can stop you from getting what you need or doing things that you want to do

#### Good PBS can help



Having good PBS means:

you will not be punished



#### Good PBS means:

finding out what you need



trying to help



working together



things will get better



• you will have a better life



 the people who support you, like your family or the staff, will have a better life too

#### Having a good PBS plan



A good PBS plan means everyone knows:

what makes you feel happy



the things you want to do



what you need



ways to get you what you need



new things to learn



what upsets you



things that make you feel better



how to keep everyone safe



#### A good PBS plan:

• will be agreed with by you



will be checked to make sure it is working



will be based on things that are true not what people make up

## What does a good PBS plan look like?



5 signs of a good PBS plan:



1. I am happy and agree with my PBS plan



2. My PBS plan is often checked to make sure it is working for me



3. My PBS plan is based on the things that are happening in my life



4. My PBS plan tells everyone the best ways to support me in learning new skills and how to cope



5. My PBS plan helps everyone understand what I need and how to help me



#### **Credits**

Thank you to members of the Build for the Future Advisory Group who contributed to the development of this resource

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