# Positive Behavior Support

Positive Behavior Support (PBS) is a process for understanding and resolving the problem behavior of children that is based on values and empirical research. It offers an approach for developing an understanding of why the child engages in problem behavior and strategies for preventing the occurrence of problem behavior while teaching the child new skills. Positive behavior support offers a holistic approach that considers all factors that impact on a child and the child’s behavior. It can be used to address problem behaviors that range from aggression, tantrums, and property destruction to social withdrawal.

**The Process of Positive Behavior Support**

The following steps are essential to the process of PBS.

1. **Building a Behavior Support Team**-PBS begins by developing a team of the key stakeholders or individuals who are most involved in the child’s life. This team should include the family and early educator, but also may include friends, other family members, therapists, and other instructional or administrative personnel.
2. [**Person-Centered Planning-**](http://www.challengingbehavior.org/explore/pbs/step2.htm)Person-centered planning provides a process for bringing the team together to discuss their vision and dreams for the child. Person-centered planning is a strength-based process that is a celebration of the child and a mechanism of establishing the commitment of the team members to supporting the child and family.
3. [**Functional Behavioral Assessment-**](http://www.challengingbehavior.org/explore/pbs/step3.htm)Functional assessment is a process for determining the function of the child’s problem behavior. Functional Assessment or Functional Behavioral Assessment (FBA) involves the collection of data, observations, and information to develop a clear understanding of the relationship of events and circumstances that trigger and maintain problem behavior.
4. [**Hypothesis Development**](http://www.challengingbehavior.org/explore/pbs/step4.htm)-The functional assessment process is completed with the development of a behavior hypothesis statement. The behavior hypothesis statements summarize what is known about triggers, behaviors, and maintaining consequences and offers an informed guess about the purpose of the problem behavior.
5. [**Behavior Support Plan Development**](http://www.challengingbehavior.org/explore/pbs/step5.htm)-Once behavior hypotheses statements are developed to summarize the data gathered from the functional assessment process, the team can develop a behavior support plan. Essential components of the behavior support plan are prevention strategies, the instruction of replacement skills, new ways to respond to problem behavior, and lifestyle outcome goals.
6. [**Monitoring Outcomes**](http://www.challengingbehavior.org/explore/pbs/step6.htm)-The effectiveness of the behavior support plan must be monitored. This monitoring includes measurement of changes in problem behavior and the achievement of new skills and lifestyle outcomes.

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