Using Positive Behavioural Support To Have a Good Life

Book 1
This booklet can help us think about what we need to have a good life.

We all want to have a good life.

To have a good life we need to make choices.

Choices about where we live, who we live with and what we do.

It can be hard when people do not know what we want.
What kinds of things are important for a good life?

Where we live

What we do and where we go

Having friends, family and someone special

Getting the right help to do things
Feeling good

Staying healthy

People being nice

Feeling safe
When we do not have important things

It can be difficult when we do not get things that are important to us.

We might feel sad.

We might shout, hit people, break things, hurt ourselves or not join in.

Other people might call these things challenging behaviour.
There is always a reason for challenging behaviour

People may not know:

- How to talk to us
- What we want or what we like
- We need people to talk to
- We need to be alone
The things we do not like

We are not well

We are bored

We need some help
Sad things can happen because of challenging behaviour

People can get hurt

Things get broken

People can feel lonely

Some people can be held

Some people can be given tablets and injections
What can we do to help us have a good life?

There is a way to avoid challenging behaviour and have a good life.

It is called Positive Behavioural Support.
What is Positive Behavioural Support?

Positive Behavioural Support works when everybody and everything helps you to have a good life.

With Positive Behavioural Support your life is as good as it can be.

Sometimes things can still go wrong.

Watch a short film about Positive Behavioural Support by clicking here
How will we know Positive Behavioural Support is happening?

There will be a positive behaviour support plan.

The plan is made just for you.

The plan involves you and people who know you well.
The plan helps us to understand why challenging behaviour is happening.

The plan helps you have a good life and important things.

It says what we should do to get things done.

It says what we should do when challenging behaviour happens.