



# **Positive Behaviour Support**

Working together to make  
things better



Easyread version



## 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

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