



Participant fact sheet 1: What is positive behaviour support

This fact sheet explains what positive behaviour support is and how it can help you.

What is positive behaviour support?

Positive behaviour support:

- helps you have a good quality of life
- is a proven way of understanding and changing behaviour
- focuses on you and the people around you
- values and protects your rights
- guides people about how to best support you
- makes changes to the environment so that it meets your needs
- helps to put in place the right supports at the right times and places
- does not use punishment or strategies that can hurt you.

How can behaviour support help you?

Positive behaviour support aims to make things better so you can:

- have a good quality of life
- get support that meets your needs and helps you achieve your goals
- be supported by people who are well trained and know the best ways to help you
- get along with others and build strong, long lasting relationships
- have choice and control in your life
- learn new skills and ways to cope when things are hard
- try new things and be a part of your community
- be safe and have your needs and behaviour better understood by others
- have less or no **restrictive practices** in your life. [See below for more information.](#)

What is involved?

You can get positive behaviour support from a specialist behaviour support provider. For help finding a provider in your area see [Participant fact sheet 3: Choosing a specialist behaviour support provider](#).

Specialist behaviour support providers will work closely with you and the people around you to:

- write a behaviour support plan
- put the behaviour support plan into action
- check to make sure that things are getting better over time.

See [Participant fact sheet 4: What to expect from your specialist behaviour support provider](#).

What is a behaviour support plan?

There are two types of behaviour support plans:

1. An **Interim Behaviour Support Plan**. It focuses on safety in the short term while an assessment is completed and a Comprehensive Behaviour Support Plan is developed with you.
2. A **Comprehensive Behaviour Support Plan**. It is based on assessment and an understanding of what is happening and why. It uses proactive strategies to meet your needs, teach skills and make lasting positive change.

Behaviour support plans:

- are written with you and other people who support you
- include ways to help you, meet your needs and change things for the better
- describe any **behaviours of concern**. Behaviours of concern are actions that might not be safe for you or other people. For example, hitting yourself or others or breaking things
- help people understand the reasons for your behaviour
- teach you and the people who support you, new skills and how to do things differently
- help you have a good life
- have steps to follow to keep you and other people safe
- sometimes include the use of **restrictive practices**.

What is a restrictive practice?

- Restrictive practices are sometimes used to help keep you and other people safe. They should only be used as the last option and for the shortest time possible.
- For example, if you were banging your head, a helmet may be used to stop you from hurting yourself. Or sharp objects may be locked away to stop you from hurting yourself or others.
- Restrictive practices are used to help stop or change your behaviour. They can stop you from going places and doing what you want. They can, and do, take away your human rights.
- There are rules about the use of restrictive practices. Providers must follow these rules. These rules are set in law. More information about restrictive practices can be found on our website. See the links to the Easy Read Practice Guides below.
- Positive behaviour support aims to help lessen and remove the use of restrictive practices.

More information

- [Regulated Restrictive Practice Guide - Easy Read](#)
- [Regulated Restrictive Practices with Children and Young People - Easy Read](#)
- [Participant fact sheet 2: Understanding your rights fact sheet](#)
- [Participant fact sheet 3: Choosing a specialist behaviour support provider](#)
- [Participant fact sheet 4: What to expect from your specialist behaviour support provider](#)