

# MANAGING BEHAVIOURS WHICH CHALLENGE



## Product Syllabus:

- Introduction to behaviours which challenge
- Reasons for behaviours which challenge
- Policies and procedures
- Risk assessment
- Aggressive or violent behaviours
- Self-injury
- Pica
- Sexualised behaviours
- Refusal behaviours
- Repetitive behaviours
- Triggers
- Stages of behaviours which challenge
- Behavioural warning signs
- Positive Behavioural Support (PBS)
- The 10 key concepts
- PBS assessments
- PBS plans
- Primary and secondary strategies
- Reactive strategies
- The fight, flight and freeze mechanism
- What to do when behaviour is escalating
- Active listening
- Deep breathing
- Body language
- Protecting bystanders
- Reasonable force
- Breakaway techniques
- Restraint
- Restraint via use of medication
- Seeking support and advice

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