



Positive Behaviour Support

Our interactive course provides a comprehensive introduction to Positive Behaviour Support (PBS), where learners will leave with the knowledge and skills to promote positive outcomes for individuals who may display behaviours of concern.

You will explore the Positive Behaviour Support model, focusing on its key principles and values, and the importance of person-led approaches in creating effective support strategies. By understanding the functions of behaviour, you will learn how to develop tailored interventions that enhance quality of life for the people you support and reduce restrictive practice.

The course also covers proactive and reactive strategies to support individuals effectively, introducing how to implement a positive behaviour plan. Additionally, you will learn more about the critical role of data collection and monitoring in evaluating and refining support strategies.

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Learning Outcomes

- Understand the key principles and values of PBS
- Recognise the importance of person-led approaches in PBS
- Identify the functions of behaviour and how they inform support strategies
- Develop practical skills to support individuals through proactive and reactive PBS strategies
- Understand the role of data collection and monitoring in PBS

Course Content

Module 1: Overview of Positive Behaviour Support (PBS)

- Definition and key principles of PBS
- Values and ethical considerations
- Importance of quality of life and person-centred approaches
- PBS Competence Framework – Overview

Module 2: Understanding Behaviour

- Functions of behaviour
- Understanding behaviour as communication
- Factors influencing behaviour (environmental, social, and biological)

Course Content

Module 3: Assessment and Data Collection

- Importance of gathering information
- Types of data collection (ABC charts, frequency counts, scatter plots)
- Identifying triggers and maintaining factors

Module 4: Developing PBS Plans

- Proactive strategies (environmental adjustments, teaching new skills)
- Reactive strategies (de-escalation techniques, crisis management)
- Risk assessments and safeguarding

Module 5: Implementing and Monitoring PBS

- Role of staff and team collaboration
- Consistency in implementation
- Monitoring outcomes and making data-driven adjustments