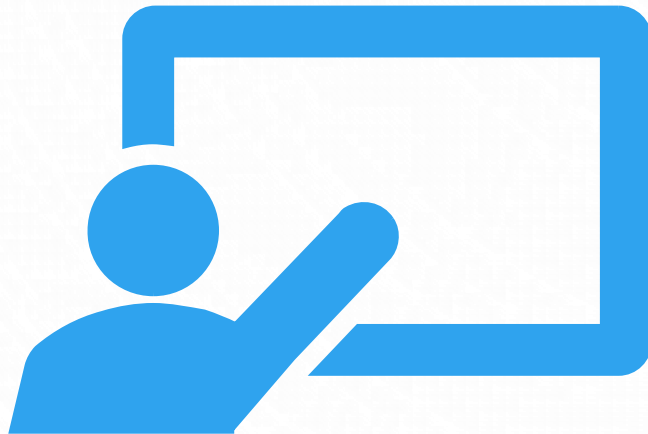


DE-ESCALATION TECHNIQUES

PROFESSIONAL DEVELOPMENT PRESENTATION
WEDNESDAY, APRIL 5, 2023





OBJECTIVE

- **TO PROVIDE TEACHERS AND SUPPORT STAFF WITH ORGANIZED STRATEGIES AND RECOMMENDATIONS WHEN FACED WITH CHALLENGING BEHAVIORS.**

DEFINING DE-ESCALATION

- DE-ESCALATION IS ONE TECHNIQUE THAT CAN BE USED WHEN CONFRONTED WITH VIOLENT OR AGGRESSIVE BEHAVIORS.
- DE-ESCALATION MEANS “TRANSFERRING YOUR SENSE OF CALM AND GENUINE INTEREST TO WHAT THE PATIENT WANTS TO TELL YOU BY USING RESPECTFUL, CLEAR, LIMIT SETTING [BOUNDARIES].”

WHO?

- FOR THIS PRESENTATION, OUR FOCUS IS SCHOOL STAFF, PARENTS AND ALL INDIVIDUALS THAT ENCOUNTER SPECIFIC PROBLEMATIC BEHAVIORS WHEN SUPPORTING STUDENTS.



WHEN ?

- Before the behavior occurs
- During the behavior
- After the behavior

5 QUICK DE-ESCALATION TIPS

DON'T RUSH
THE PROCESS

GIVE SPACE

VALIDATE FEELINGS
& EXPERIENCES

DON'T TAKE
IT PERSONALLY

REMEMBER THE
END GOAL

caffeinated **BEHAVIOR** *change*

DO'S AND DON'TS WHEN USING DE-ESCALATION TECHNIQUES

- DO INTERVENE EARLY.
- SHOW GENUINE CONCERN FOR THE PERSON AND ADOPT A NON-AUTHORITARIAN MANNER.
 - SPEAK IN A CALM AND GENTLE VOICE.
- BE MINDFUL OF YOUR BODY LANGUAGE, PROXIMITY AND FACIAL EXPRESSIONS.
 - AVOID BEING PASSIVE OR INDIFFERENT.
- AVOID TOUCHING AND COMING TOO CLOSE TO THE PERSON.
 - DO NOT SHOW ANGER OR TAKE OFFENSE.
 - DO NOT MAKE JUDGMENTAL COMMENTS.

WHAT is needed to assist
with implementing some of
these skills ?



APPROPRIATE TONE



PROXIMITY



VOICE INFLECTION



EMPATHY



CLEAR
COMMUNICATION



NON-THREATENING
BODY LANGUAGE

Active Listening Skills

Expected Outcomes

1

Using open ended questions

- Person gives more information

2

Provides encouragement

- Person elaborates on topic

3

Paraphrasing statements

- Person feels heard and validated

4

Reflection of feelings

- Person feels more understood

5

Summarizing interaction

- Person sees new meaning in his story

RED FLAG BEHAVIORS



Removing the child or audience to ensure
a safe environment for all parties.

WHERE ?



To properly report ALL safety concerns and
incidents to ensure everyone is covered.
Please do not take this lightly!!



- By integrating de-escalation strategies and function-based support strategies, educators/support staff may be able to meet the youth where they are in a more proactive and comprehensive manner.

WHY ?



“Challenging behavior”

- IS DEFINED AS “**ANY REPEATED PATTERN OF BEHAVIOR**...THAT INTERFERES WITH OR IS AT RISK OF INTERFERING WITH THE CHILD'S OPTIMAL LEARNING OR ENGAGEMENT IN PRO-SOCIAL INTERACTIONS WITH OTHERS”

CHALLENGING BEHAVIORS INCLUDE:

- **WITHDRAWN BEHAVIORS** SUCH AS SHYNESS, ROCKING, STARING, ANXIETY, SCHOOL PHOBIA, TRUANCY, SOCIAL ISOLATION OR HAND FLAPPING.
- **DISRUPTIVE BEHAVIORS** SUCH AS PHYSICAL AND VERBAL AGGRESSION, BEING OUT-OF-SEAT, CALLING OUT IN CLASS, TANTRUMS, SWEARING, SCREAMING OR REFUSING TO FOLLOW INSTRUCTIONS.
- **VIOLENT AND/OR UNSAFE BEHAVIORS** SUCH AS HEAD BANGING, KICKING, BITING, PUNCHING, FIGHTING, RUNNING AWAY, SMASHING EQUIPMENT OR FURNITURE/FIXTURES.
- **INAPPROPRIATE SOCIAL BEHAVIORS** SUCH AS INAPPROPRIATE CONVERSATIONS, STEALING, BEING OVER-AFFECTIONATE, INAPPROPRIATE TOUCHING OR MASTURBATION.

KNOWN INFLUENCES ON STUDENT BEHAVIOR

THERE ARE MANY POTENTIAL INFLUENCES ON STUDENT BEHAVIOR, AND MANY FACTORS THAT CAN LEAD TO BEHAVIOR THAT IS CHALLENGING FOR SCHOOLS TO DEAL WITH. THESE INCLUDE:

- BIOPHYSICAL FACTORS SUCH AS MEDICAL CONDITIONS OR DISABILITIES
- PSYCHOLOGICAL FACTORS INCLUDING EMOTIONAL TRAUMA OR LACK OF SOCIAL SKILLS
- BEHAVIORAL/SOCIAL FACTORS INCLUDING WHERE A STUDENT'S PROBLEM BEHAVIOR HAS BEEN LEARNED THROUGH REINFORCEMENT, CONSEQUENCES OR ADAPTATION TO SOCIAL PRACTICES (A STUDENT WITH A LEARNING DIFFICULTY REPEATEDLY MISBEHAVES KNOWING THAT HE/SHE WILL BE REMOVED FROM THE CLASS, AND THIS WILL AVOID HIS/HER LEARNING DIFFICULTY BEING EXPOSED)
- HISTORICAL COMMUNITY FACTORS INCLUDING FOR KOORIE STUDENTS WHOSE FAMILY MEMBER/S HAD DIFFICULT, SOMETIMES TRAUMATIC, EXPERIENCES OF SCHOOL AND GOVERNMENT AGENCIES
- CULTURAL FACTORS SUCH AS KOORIE COMMUNITY 'SORRY BUSINESS'
- STUDENT GROUP DYNAMICS SUCH AS BULLYING AND TEASING, CLIQUES OR STUDENT APATHY OR HOSTILITY
- ENVIRONMENTAL FACTORS SUCH AS THE LEVEL OF CLASSROOM NOISE OR CLASSROOM SEATING ARRANGEMENTS
- CLASSROOM ORGANIZATION ISSUES SUCH AS INCONSISTENT ROUTINES, INADEQUATE MATERIALS OR OBLIVIOUSNESS TO CULTURAL DIFFERENCES
- TEACHER BEHAVIOR FOR EXAMPLE BORING OR DISORGANIZED LESSONS, OVER-REACTION TO MISBEHAVIOR OR OVER-RELIANCE ON PUNISHMENT.

IN MANY CASES, THERE IS NO SINGLE "CAUSE" OF CHALLENGING BEHAVIOR, BUT IT IS THE RESULT OF SEVERAL FACTORS OPERATING IN COMBINATION.

Avoid

Avoid promising an unachievable solution, which could make matters worse.

Give

Give a range of realistic choices so the person can select what they believe will help them solve their situation.

Explain

Explain what will be done, by whom and when.

Commit

Commit to a realistic timeframe for the agreed course of action.



"Demonstrating the Six Steps of De-escalation"

Kit Kids Included Together



5 Incredibly Fun

GAMES

To Teach

Self - Regulation

:50-7:5

THE FOLLOWING TIPS — PUBLISHED BY THE CRISIS PREVENTION INSTITUTE AND THE WESTERN JOURNAL OF EMERGENCY MEDICINE — MAY PROVIDE A USEFUL STARTING POINT FOR THE DE-ESCALATION PROCESS. (2-3)

[HTTPS://YOUTU.BE/R2PSEXm-NHU](https://youtu.be/R2PSEXm-NHU)

[HTTPS://YOUTU.BE/DCN4QX6T7FQ](https://youtu.be/DCN4QX6T7FQ)

[HTTPS://YOUTU.BE/PY2T-GSQQ7S](https://youtu.be/PY2T-GSQQ7S)

QUESTIONS ???



April 2023 Trainings



The Coaching Corner-Planning for Big Day Theme 8

Monday, April 10th, 4:15, virtual

Working with Advanced Students

Tuesday, April 11th, 4:15, in-person

Pre-K Teacher Share Show

Tuesday, April 18th, 4:15, in-person

April Cohort Meeting

Wednesday, April 26th, 3:45, virtual

Portfolio Submissions



The final submission deadline for all student growth portfolio collections is Monday, May 1st at 11:59pm.

No late submissions will be allowed.

Begin collecting your Point B evidence now in order to allow time for all submissions. We strongly encourage you to develop a plan to submit all collections ahead of the deadline rather than waiting until the final day. Technical issues can and do happen!

Thanks for Attending!

Attendance Link

bit.ly/5apratt



Feedback Link

bit.ly/5aprsurv

