



## **Identify Function of Behaviors:**

-There are 4 main reasons for challenging behaviors to occur:

1. to escape or avoid an undesirable situation (ex. taking a test)
2. to get social attention (positive or negative) (ex. receiving a hug or a reprimand)
3. To gain access to a desired item/activity- (ex. To go outside)
4. To access sensory input- (ex. Enjoying the feeling of high-5's)

### Looking at ABC's

**Antecedents-** an antecedent is an event that sets the occasion for a behavior or what happens right before a behavior occurs. Antecedents can be factors in a individual's external environment such as an instruction by a teacher or a comment from another peer. An individual's internal states can also serve as antecedents, like pain from headaches or feeling hungry.

**Behaviors-** a behavior is anything that someone does. Although there can be internal behaviors, most behavioral interventions focus on external behaviors that are observable and measurable.

**Consequence-** A consequence is anything that immediately follows as a result of a behavior. Consequences can increase the likelihood of a behavior happening again, decrease the likelihood of a behavior happening again, or have no effect on the occurrence of a behavior of the future.

Replacing the behaviors- behavior plans should be designed to provide appropriate consequences for the behaviors based on the determined function of the targeted behavior. More importantly, plans should also include ways to teach appropriate alternatives to engaging in those behaviors. It is important to identify and teach replacement behaviors in conjunction with the reduction of the challenging behaviors. Replacement behaviors can include:

- appropriate requesting
- how to access attention appropriately
- how to appropriately communicate wants and/or needs

Appropriate replacement behaviors should be reinforced!