



# **Using Positive Behavioural Support To Have a Good Life Book 1**



# What is this booklet for?



This booklet can help us think about what we need to have a good life.



We all want to have a good life.



To have a good life we need to make choices.



Choices about where we live, who we live with and what we do.



It can be hard when people do not know what we want.

# What kinds of things are important for a good life?



Where we live



What we do and where we go



Having friends, family and someone special



Getting the right help to do things



Feeling good



Staying healthy



People being nice



Feeling safe

# When we do not have important things



It can be difficult when we do not get things that are important to us.



We might feel sad.



We might shout, hit people, break things, hurt ourselves or not join in.



Other people might call these things challenging behaviour.

# There is always a reason for challenging behaviour

People may not know:



How to talk to us



What we want or what we like



We need people to talk to



We need to be alone





The things we do not like



We are not well



We are bored



We need some help

# Sad things can happen because of challenging behaviour



People can get hurt



Things get broken



People can feel lonely



Some people can be held



Some people can be given tablets and injections



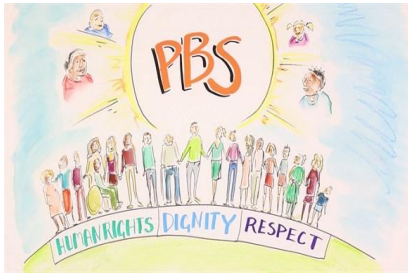
# What can we do to help us have a good life?

There is a way to avoid challenging behaviour and have a good life.



It is called **Positive Behavioural Support.**

# What is Positive Behavioural Support?



**Positive Behavioural Support** works when everybody and everything helps you to have a good life.



With **Positive Behavioural Support** your life is as good as it can be.



Sometimes things can still go wrong.



Watch a short film about Positive Behavioural Support by clicking [here](#)

# How will we know Positive Behavioural Support is happening?



There will be a positive behaviour support plan.



The plan is made just for you.



The plan involves you and people who know you well.

# The Positive Behaviour Support Plan



The plan helps us to understand why challenging behaviour is happening.



The plan helps you have a good life and important things.



It says what we should do to get things done.

I need to be able to...  
have time to be quiet and relax



It says what we should do when challenging behaviour happens.