



# Using Positive Behavioural Support To Have a Good Life Book 2

**Your name: .....**



# What kinds of things are important to you to have a good life?



Use this book to tell people what you need to have a good life.



These things need to be in your positive behaviour support plan.



Look at the things on the next pages.



What are the things you want?  
What are the things you need?  
Why?  
What do you need to get  
them?



Ask someone who knows you  
well to help you.



Write things down in this book  
yourself. Or ask someone to  
help you.



**Choosing where you live**  
**Living with people you like**  
**Feeling safe**  
**Doing things you want to do**

Some examples might be:



“I live with my friend. Living with lots of people was too noisy and I was scared. I used to swear at them.”



“I live in a house on a busy street. I can see buses from my window. Going on a bus is my favourite thing.”



What things are important about where you live?



Write them here

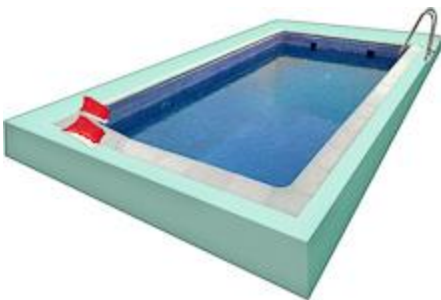


**Spending time with family,  
friends and someone special**  
**Being with people who are  
nice**  
**Meeting new people and  
making friends**

Some examples might be:



“I like being with Mum and Dad. They know when I rock I want to be on my own”.



“I go to a swimming club. My friends use Makaton signs to show me what to do.”



“I get bad headaches and bang my head. My staff give me tablets to help.”



What things are important about people you spend time with?



Write them here





**Choosing what you want to do**  
**Choosing things you like**  
**Being given help to choose**

Some examples might be:



“If there is nothing to do I get bored. Sometimes I break things.”



“I use pictures to choose what to have for dinner. I shout at people when I don’t get things I like.”





What things are important for you to choose?



Write them here



**Doing things for yourself**

**Being given the right help  
to do things**

**Being given the right help  
to stay healthy**

**Going to places where other  
people go**

Some examples might be:



“I go to work. Having a job  
helps me not to feel down.”



“I hold my own spoon to feed  
myself. This stops me from  
biting my hand when my Mum  
doesn’t feed me quickly  
enough.”



What things are important for you to do yourself?



Write them here

# What is stopping you from having all these things?



Write them here

**What needs to happen to help you have these things in your life?**



Write them here

# Putting things in your Positive Behaviour Support Plan

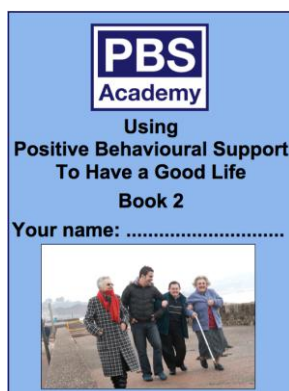


These important things need to be in your positive behaviour support plan.



Talk to the people that help you.

Tell them about the important things that you need.



Show them what is in this book.