

1. What is Behaviour?



- Behaviour is when you move our body or use your actions to let someone know how you feel or what you want.
- A behaviour includes actions that help you talk to others. Like waving at a friend to let them know you are happy to see them.
- A behaviour includes actions that help you feel better. Like rubbing your elbow after you accidentally bump it.
- A behaviour includes actions that help you get things you want or need. Like pointing at a pair of shoes you want to wear.
- A behaviour includes actions that help you avoid things you don't want. Like leaving a room that is too loud.

2. What is a Challenging Behaviour?



- A challenging behavior is when you do something that doesn't tell others what you want or need very well.
- Challenging behaviour may bother other people or might make them feel worried.
- If you are hungry, it would be a challenging behaviour to take your friend's lunch without asking them first.
- Sometimes a challenging behaviour can be unsafe. When a behaviour is unsafe, that means it might hurt you or someone else.

3. What is Behaviour Support?



- Behaviour Support is a way to understand each other better.
- Sometimes behaviour support is learning new ways to be together, such as:
 - Making things easier in the space where you live.
 - Learning new ways to communicate with each other.
 - Making more choices about things that matter.
 - Learning to use behaviours that don't hurt.

4. What does restricted practice mean?



- A restricted practice is something someone does that stops you from using a behaviour that is unsafe.
- When someone uses a restricted practice with you, it can include things like:
 - Leaving a situation that is hard to be safe in.
 - Wearing a special seatbelt that cannot be easily opened.
 - Having someone hold your body to stop you from hurting yourself or others.

5. What is a Safety Plan?



- Sometimes we need help to keep everyone safe when a behaviour hurts you or hurts another person.
- This help might include a Safety Plan that talks about using a restricted practice.

6. Can I choose how I am supported with challenging behaviour?



- Yes. The people working with you must talk to you about behaviour, and ways you can better understand each other.
- They must talk to you if they think they might need to use a restrictive practice sometimes.
- You, or someone supporting you with big decisions will be asked if you **consent** to having a Safety Plan.
- Consent to having a Safety Plan means: to give someone permission to support you in a certain way.
- You are allowed to change your mind about consent. That means that you can give consent and you can take your consent away.
- If you change your mind about consent, this means talking about other ways of working together or living together to keep everyone safe.

7. Will I always get to decide when a restricted practice is used?



- Giving permission is important, but sometimes this might not happen.
- When a behaviour can hurt you or someone else fast, this is called an emergency.
- In an emergency, a restricted practice might be used to keep everyone safe. Even if you don't give permission first.
- When everyone is safe, you will get to talk about what happened. You will get to talk about other ways you would like to be supported if an unsafe behaviour happens again.

8. Who can I talk to if I have a question?



- Talk to someone you trust. This might be someone in your family, or a friend, or someone who you live with.
- Talk to someone who helps you with big decisions.
- Talk to your CLBC Facilitator.