

Behaviour support plans

Behaviour Support Plans (BSPs) are documents used to identify behaviours of concern, and provide carers with evidence-based prevention and response strategies to reduce and respond to kids' behaviours.

BSPs are developed to:

- increase strengths, skills, and desired behaviours
- enhance carers' understanding of the reasons for, and functions of, behaviours of concern (including the effects of trauma)
- provide appropriate strategies and skills to reduce behaviours of concern
- clearly identify how and when any restricted practices can be used to respond to behaviours of concern.

When are Behaviour support plans required?

Not all kids who display challenging behaviours require a BSP. Many kids benefit from the implementation of positive parenting strategies (see *Positive parenting strategies* tip sheet).

A BSP is needed when:

- behaviours are dangerous to the child/teen or others
- behaviours have a major impact on kids daily functioning
- the child/teen is at risk of being excluded from daily activities
- a medical practitioner or specialist prescribes psychotropic medication to the child/teen
- a behaviour support expert determines that a restrictive practice is required to keep the child/teen safe.

Meeting kids' needs

It's important to consider how BSPs will meet the needs of the kids you are supporting. For kids in out-of-home care (OOHC), an effective BSP will:

- be written with the child/teen and their carers
- be individually tailored to their needs
- use language that can be easily understood by the child/teen and their carers
- encourage proactive, implementable strategies and realistic goals
- ensure carers and support people are aware of relevant information about the child/teen and their behaviours
- use assessment and interview to determine behaviours of concern and identify appropriate support strategies



- focus on teaching new skills to improve behaviours
- consider whether the care environment is meeting the child/teen's needs and, if not, suggest strategies to address this
- follow OOHC guidelines, policies, and legislation
- be a living document that is reviewed/updated regularly
- BSPs help to uphold the dignity of kids with behaviours of concern by prioritising their needs and strengths; assessing environmental concerns; and ensuring safe, appropriate care.