

Effective Behavioural Support (EBS)

What is it?

EBS is a system, not a program or “canned” package. There are many systems in use in our schools that are aimed at improving behaviours. EBS is a particular system that was developed by people from the University of Oregon. The elements included in this system are based on extensive research about what works and what doesn’t work. The system incorporates key components that can be tailored to individual schools based on individual school’s needs.

Some of the key components:

1. A discipline data collection system that clearly measures the present status of the school with respect to inappropriate behaviours, outlines and identifies areas where improvement is needed, and measures progress over time.
2. A list of school wide expectations (e.g. Responsibility, Respect, Safety) that are consistently reinforced in all areas of the school at all time.
3. The teaching of social skills and positive behaviours that specifically demonstrate those school wide expectations.
4. Reinforcements and rewards for individuals and groups who consistently demonstrate the expected behaviours.
5. Thorough assessment of some individuals’ behaviours to help plan interventions for these most challenging students.

Although each of these components just seem like basic good practice, EBS research indicates that it is the systematic inclusion of all of these components consistently and simultaneously that creates school-wide behaviour improvement. The foundation of the system is the teaching of behaviours. Teachers are trained and experienced at teaching—how convenient! Research shows that we can no longer assume that children have the skills necessary to behave positively. We can teach them these skills just as we teach anything in the curriculum.

Effective Behaviour Supports

- Teachers should review appropriate behaviour daily with students.
- Visuals should be posted as reminders for students.
- Expectations should be consistent.
- Rewards for appropriate behaviour should be discussed and posted.
- Praise appropriate behaviour often.

Data Collection

- Data collection is essential when trying to change behaviour.
- Dealing with situations immediately is important when solving problems.
- Investigation of situations must be completed to determine what consequences need to be assigned. We cannot assume anything when students are dealing with one another.
- Write ups must be complete. Levels must be indicated as well as parent contact documented before the 3 write ups can come to the office for potential Think Tank referrals.
- This must be a 3 step process.
 - Step 1: Playground/Classroom
 - Step 2: Think Tank
 - Step 3: Office