UK Society for Behaviour Analysis

What is Positive Behaviour Support?





How PBS helps people live better lives
How the UK-SBA helps ensure good PBS



Positive Behaviour Support (PBS) is a way to help people have better lives. It is kind and respectful.



PBS is a way of helping people and those around them with behaviour.



PBS helps people do things that matter, like being happy, making choices and being included.



PBS is based on science. It uses what we know about behaviour to help support people better and help meet their needs.



PBS looks at why a person behaves in a certain way. It helps us see what someone wants by looking at what happens before and after the behaviour.



PBS is **person-centred**. This means putting the person first and listening to what is important to them. Support is different for each person.



PBS uses **Stakeholder Participation** this means working as a team. This includes the person, their family, and carers.



PBS looks at making **Supportive Environments**. We try to make places safe, calm and fun for the person.



PBS helps people learn **new skills** like communication and coping with feelings. This helps meet their needs.



PBS tries to **reduce restrictions** like restraint. We help people feel safe and in control, giving them more freedom.



PBS uses **Multicomponent Interventions**. This means using different types of help together to make real change.



Implementation Support is needed for PBS to work well. This includes staff training, enough time and money and teamwork.



We do **Monitoring and Evaluation** to check if PBS is working and is right for the person. We look at what is going well and what needs to change.



PBS works best when organisations change too. This means good leadership, positive cultures and everyone working together.



PBS is not just for one person. It can help whole services and make them better.



PBS is about helping people live happy, safe, and full lives. It is kind, fair, and based on good science.

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How the UK-SBA can help ensure safe, values-led PBS?

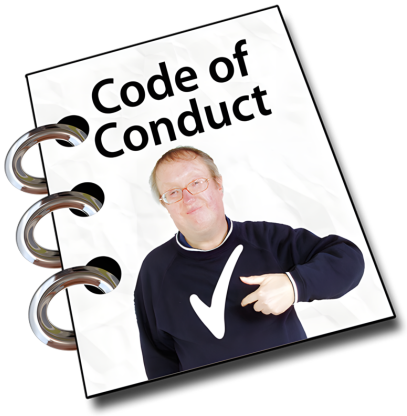




How PBS helps people live better lives
How registration helps ensure good PBS



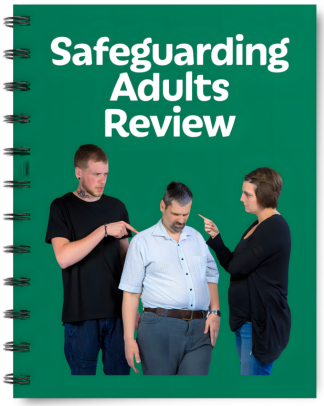
Rules help ensure safe support and build trust for families and services. This is why regulation is important.



The UK Society for Behaviour Analysis (UK-SBA) has a register of PBS practitioners. People join the register agree to follow the UK-SBA ethical code.



UK-SBA registered members have the right training and skills. They know what to do and can do the job well.



The UK-SBA checks that registered members have **safeguarding** training. This helps keep children and adults safe from harm.



UK-SBA registered members must keep learning to stay current. This is called Continuing Professional Development (CPD).



UK-SBA registered members have **insurance**. This helps protect both the worker and the people they support if something goes wrong.



If someone is not happy with the service provided by a registered member, there is a clear way to **complain**. This helps everyone feel safe and heard.



Being on the UK-SBA register shows that a PBS worker is safe, cares about doing things right, and follows important rules.

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