Behaviours of Distress

An Easy Read guide

This is an Easy Read document. It uses simple words and pictures.

A note about words

Some people say “challenging behaviour”.

We say “behaviours of distress” instead.

This is kinder. It means the person is finding something hard.

What does this mean?

Sometimes people shout, hit, or run away.

This is not naughty. It means they feel very worried or upset.

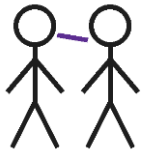
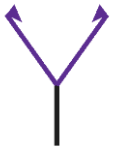
Behaviour tells us something

Behaviour is a way of talking.

It can tell us someone is scared, in pain, or confused.

Why it might happen

To get away from something that is difficult.

	To get help or attention from someone.
	Because of noise, light, or touch that feels too much.
	To get something they want.

Working it out

	What happened just before?
	What did the person do?
	What happened after?

	Writing this down can help us understand why.

How to help

	Keep everyone safe first.
	Stay calm. Use fewer words.
	Do not punish. It does not help.
	Ask yourself what the behaviour is telling you.
	Get help from other people who know the person well.

Remember

	There is always a reason. Kindness and understanding help the most.