

**Kids Who Challenge Us  
Increasing Work Engagement  
and Reducing Oppositional  
Behavior in Students**

Presented by: Jessica Minahan, M.Ed BCBA

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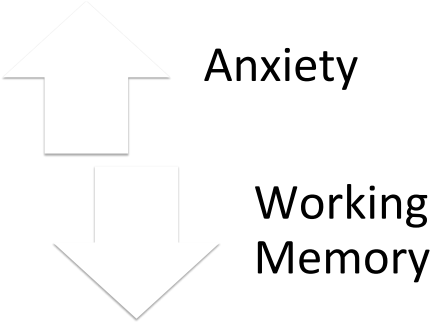
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Anxiety

Working Memory

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**SOS tips for teachers**

- Misbehavior is a symptom of an underlying cause  
She can't vs. She Won't
- Behavior is communication
- Behavior has a function
- Behavior occurs in patterns
- The only behavior an adult can control is her own
- Behavior can be changed

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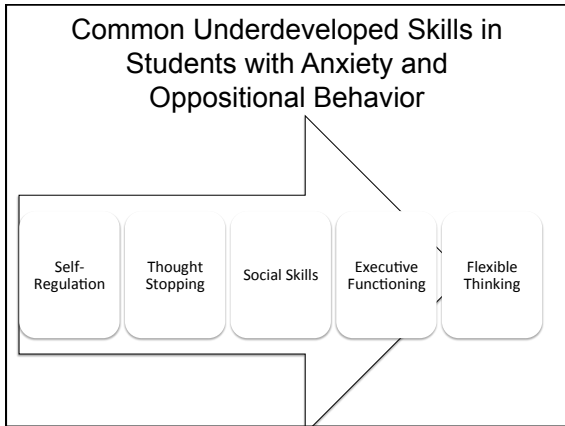
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**We Teach Reading  
We Teach Math**

**but...**

**We Punish or Incentivize  
Behavior**

-PBIS

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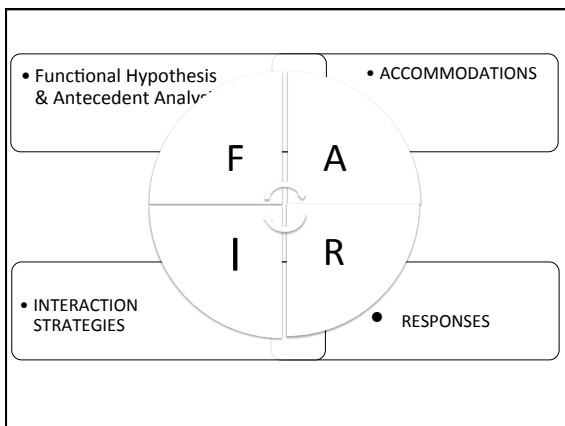
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**F: FUNCTIONAL HYPOTHESIS AND ANTECEDENT ANALYSIS**

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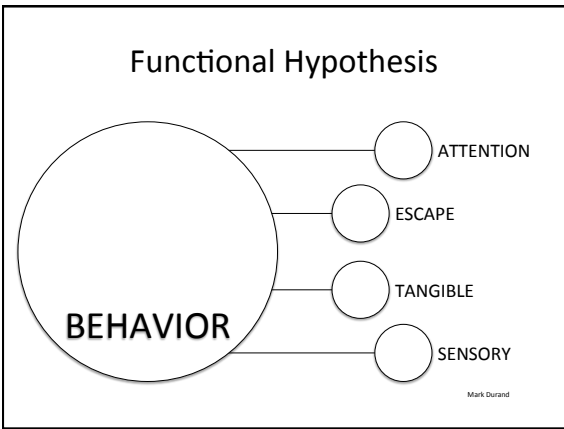
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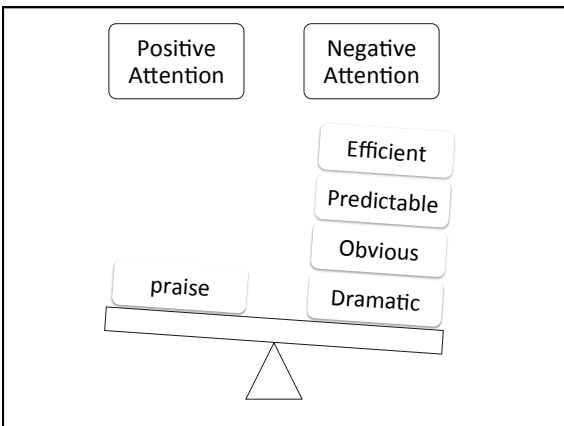
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**Hot Spots**

- Unstructured Times
- Transitions
- Writing tasks
- Social Demands
- Novel / unexpected change
- Independent Work

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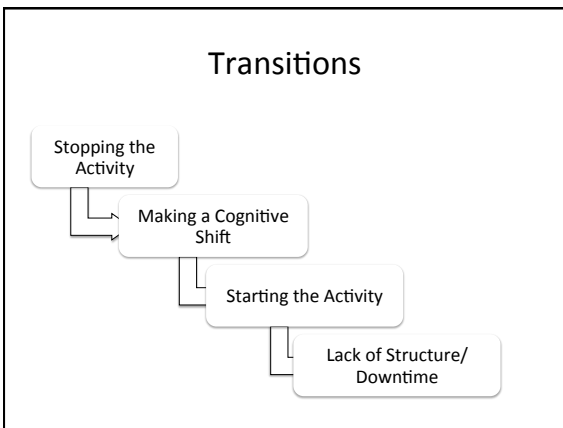
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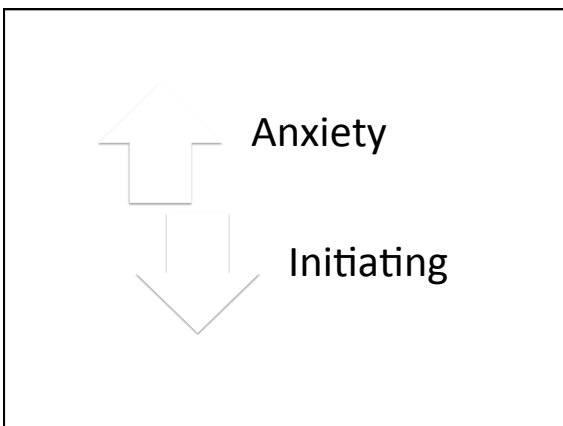
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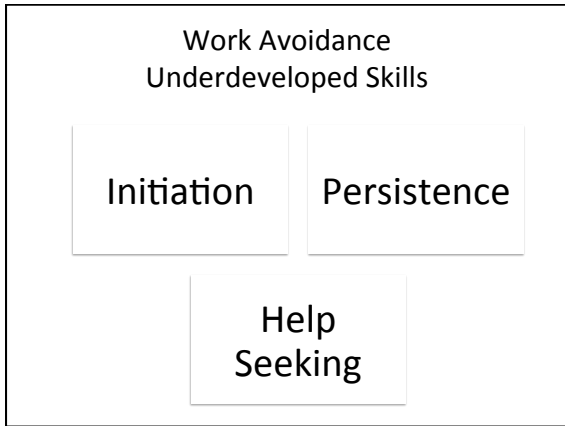
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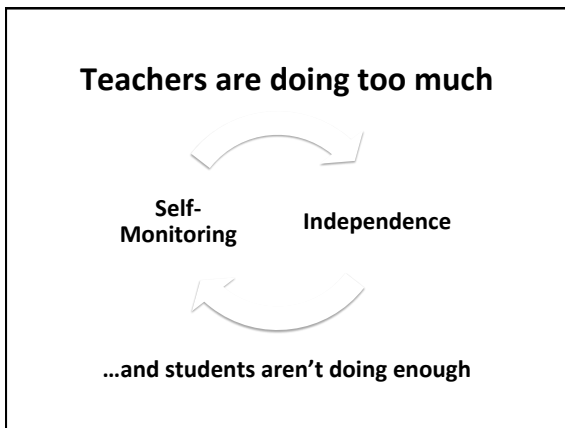
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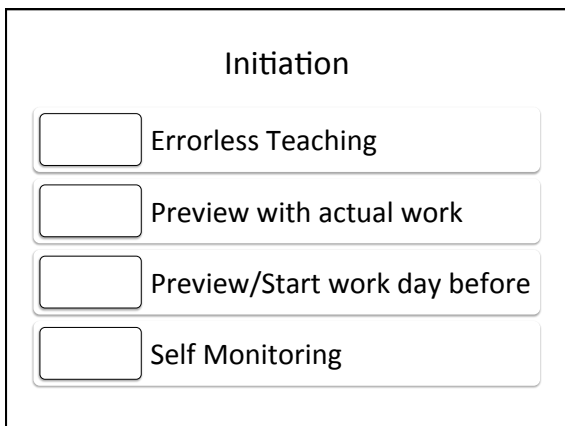
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**Persistence**

Teach Growth Mind-Set

Reward Persistence instead of product

Self-Monitoring

Make a plan

DWEK

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**Help Seeking**

Shift Reinforcement to skill

Functional Communication
 

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Concern	Strategy	Did I Use It?
<b>Initiation:</b> This looks difficult. I can't do it.	<ul style="list-style-type: none"> <li>• Ask a teacher to help me start</li> <li>• Ask to see the assignment for tomorrow</li> <li>• Use a wipe off board</li> </ul>	
<b>Persistence:</b> This is too hard. I need to stop.	<ul style="list-style-type: none"> <li>• Skip the hard problems and do the easy problems first</li> <li>• Work with a buddy</li> <li>• Check all the problems I've completed</li> </ul>	
<b>Help Seeking:</b> I don't know how to do this. I forget how to do this.	<ul style="list-style-type: none"> <li>• Raise my hand</li> <li>• Hand the teacher a note</li> <li>• Make eye contact with a teacher</li> <li>• Look in my notebook</li> </ul>	

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# Input/Output Hierarchy

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Input	Output
Watching a Movie	Verbally answer questions
Reading one line	Circle Multiple Choice Answers
Reading one paragraph	Circle True/False Answers

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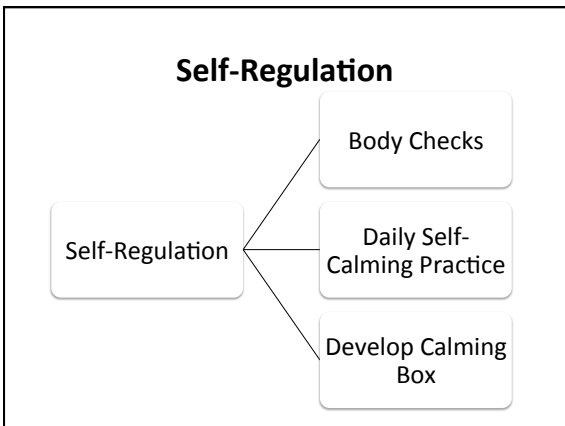
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**Self-Regulation Apps**

- Sosh lite
- At Ease
- Calm Counter
- Stress Tracker
- DBT
- iCouch CBT

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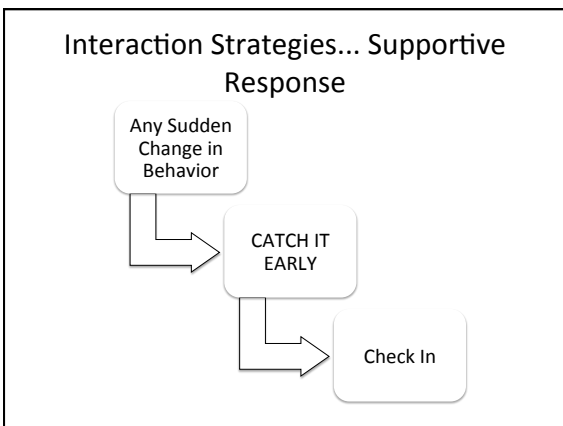
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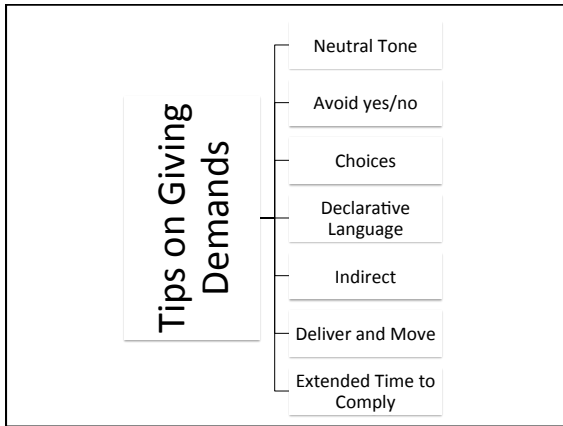
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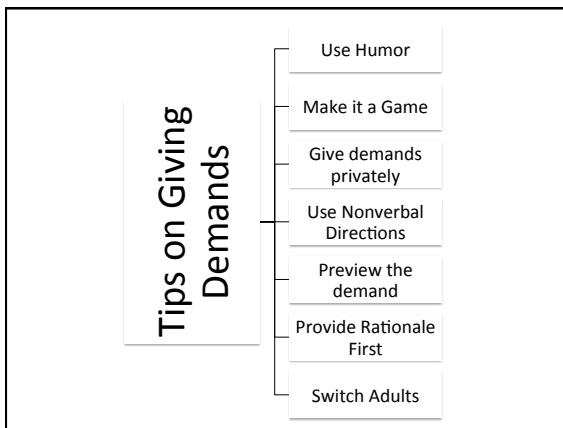
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Why do unexpected responses work so well?

**Unexpected responses work best:**

Thrive on expected emotional reactions such as:

Anger

Fear

Shock

Golden 2015

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### Unexpected Responses

**Paradoxical**

- "You're right! I am such a pain!
- Please read page 24."

**Reframing**

- "You are my hero! Thank you for taking that bug out of my room!"

**Empathetic**

- "What did she say to you that made you so upset? It's not like you to curse!"

Golden 2015

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When in doubt...

**VALIDATE**

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### Unexpected Responses (Cont')

**Distraction**

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**Ignoring Verbal Garbage & Agreeing**

- "You're such a mean teacher! You make us work too hard!"
- "I know- turn to page 37 please."

Golden 2015

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**Unexpected Responses (Cont')**

**Neutralizing**

- "You can write any words you want as long as you spell them correctly."

**Appealing to their "better self"**

- "I need your help because you are a leader."

Golden 2015

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**Why do unexpected responses work so well?**

**You catch them off guard when you use:**

- Empathy,**
- Questions,**
- Matter-of-Factness,**
- Agreeing, Reframing**
- and paradoxical responses.**

Golden 2015

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**R: RESPONSE STRATEGIES**

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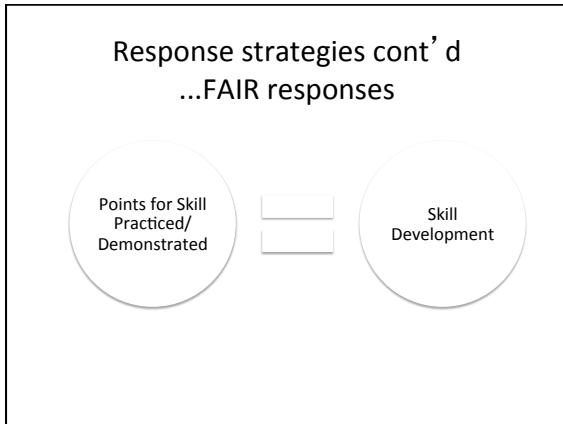
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**Self-monitoring Sheet**

<b>1. Not demonstrated</b>	<b>2. Somewhat demonstrated</b>	<b>3. Consistently demonstrated</b>	Strategies: (Use a strategy to earn a strategy point) 1. When I am frustrated I will ask for help or a break 2.				
Schedule	Expected Behavior 1 Safe Behavior		Expected Behavior 2 Listen Directions		Expected Behavior 3 Do My Work		Strategy Point "I used a strategy"
	Student	Teacher	Student	Teacher	Student	Teacher	
music							

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**HuffingtonPost:**  
[www.huffingtonpost.com/jessica-minahan/](http://www.huffingtonpost.com/jessica-minahan/)

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**The Behavior Code:**  
A Practical Guide to Understanding and Teaching the Most Challenging Students



**The Behavior Code Companion:**  
Strategies, Tools, and Interventions for Supporting Students with Anxiety-Related or Oppositional Behaviors

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Available for Purchase:

Amazon/Kindle  
Harvard Education Press  
Barnes and Nobles

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