

Disruptive Behavior 101

Presented by the Community Family Guidance Center

Behavior in the DP of the iceberg

- Biological Factors
- Developmental factors
- Social Factors

Disruptive Behavior



Disruptive Behavior



What causes it?



What causes it?



What causes it?



What Can We Do?

Looking ahead

Can we see it coming?

- Attachment & Regulation

How do we react or respond?

- Communication Techniques

How do we prevent it?

- Positive Reinforcement Techniques

Questions?

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Behavior is the TIP of the iceberg.

- *Biological factors*
- *Developmental factors*
- *Social Factors*

Disruptive Behavior
What it is and what it isn't

Disruptive behavior is behavior that "disrupts" people and activities. Examples may include:

- Tantrums
- Yelling/Screaming

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Disruptive Behavior

What it is and what it isn't



Disruptive behavior is behavior that "disrupts" people and activities. Examples may include:

- Tantrums
- Yelling/Screaming
- Disrespecting Authority
- Slamming Doors
- Angry Outbursts

Disruptive Behavior

What it is and what it isn't

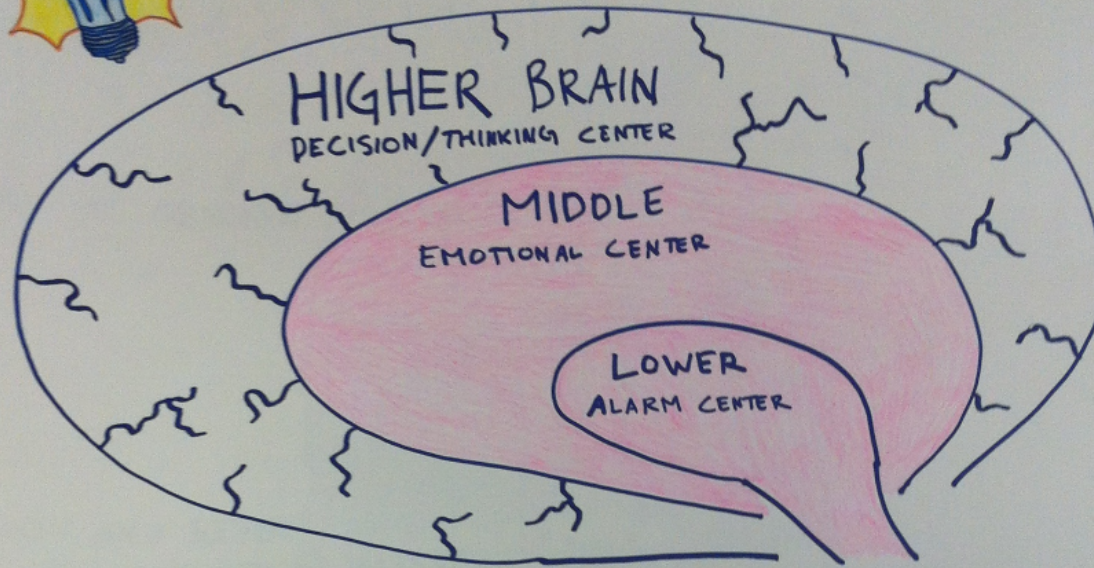
Behavior is an expression of emotion

Behavior is not the same as personality

"Acting out" is a common way that we process emotions we don't understand



THE BRAIN



LOWER BRAIN: FIGHT, FLIGHT, FREEZE (developed @ Birth)

MIDDLE BRAIN: PROCESSING EMOTION AND
RESPONSE TO STRESS, SOCIAL
BONDING, RAGE, FEAR, DISTRESS
(develops from toddler - ~ 6 years old)

HIGHER BRAIN: PROBLEM SOLVING, REASONING,
EMPATHY (Develops from 6 years old - continues developing till mid 20's)

LOW ROAD - LOWER BRAIN
vs.

HIGH ROAD - THINKING BRAIN

What causes it?

Biological factors



- Sleep (10 hours)
- Nutrition
- Exercise

What causes it?

Developmental factors



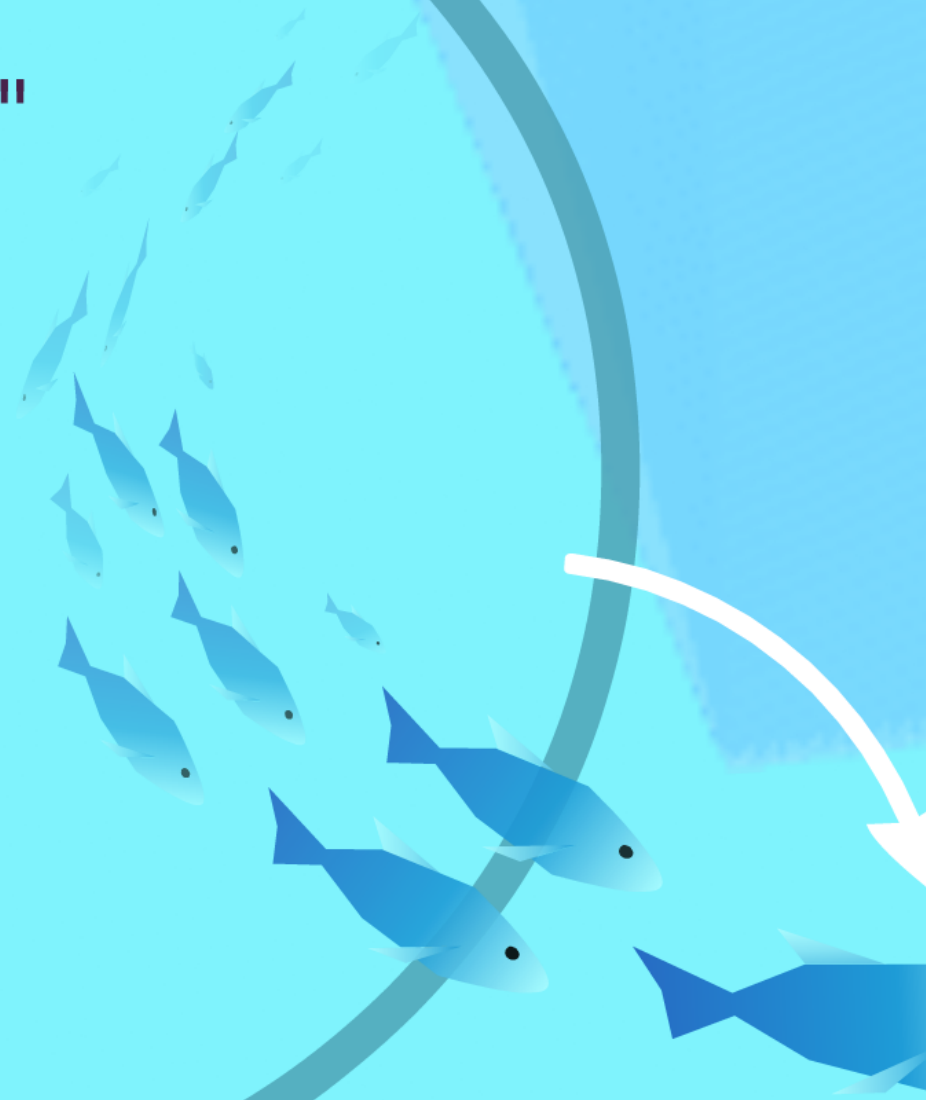
Separation anxiety; hard time
"standing on their own two
feet" (*attachment*)

Unresolved difficulties from
toddler years (*regulation*)

Unidentified learning
disability

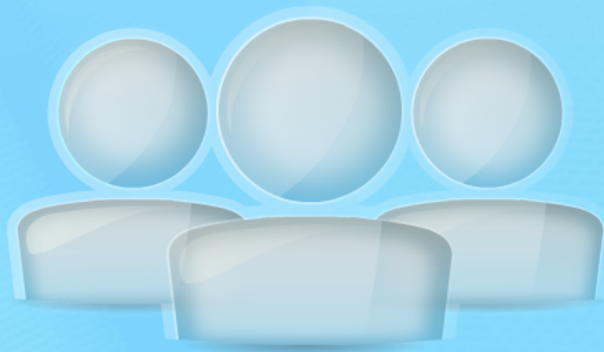
- Schools MUST test
- Send request letter
- www.disabilityrightsca.org
(samples)

"Late bloomers"
need help to
catch up with
the rest of
the fish!!!



What causes it?

Social factors



Environmental stress

Traumatic experience

Learned behavior: *negative attention is still attention!!!*

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Disruptive Behavior
What is disruptive behavior?
Disruptive behavior is a group of behaviors that interfere with the normal functioning of a person or a group of people. It can be caused by a variety of factors, including biological, developmental, and social factors.

What causes it?



What causes it?

Biological factors
Developmental factors
Social factors

What causes it?



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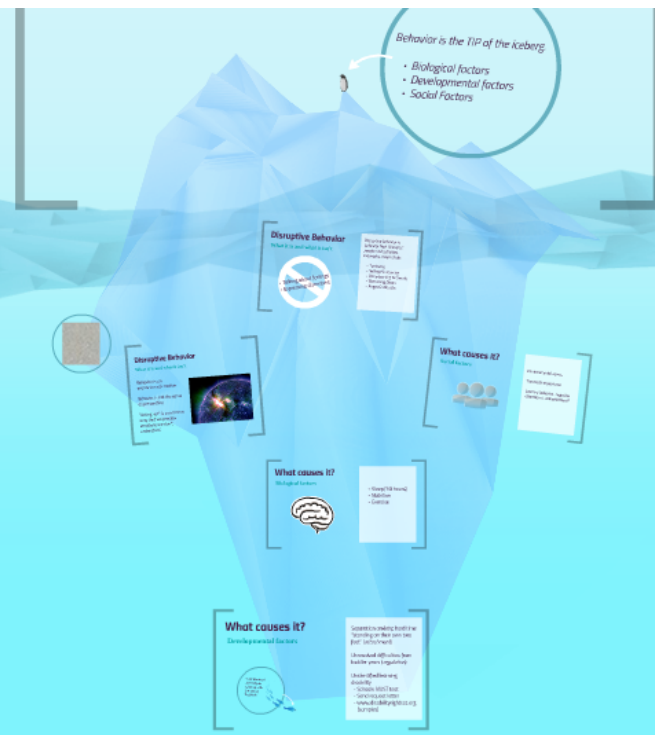
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