

Brief Overview of Positive Behavioral Interventions and Supports (PBIS)

Positive Behavioral Interventions and Supports (PBIS) is an evidence-based approach to dealing with challenging behavior. The program incorporates a variety of systemic and individualized strategies to improve individual behavior of students. Recently, school-wide PBIS approaches have had promising outcomes. The components of this program include the following: (a) establishing a planning team, (b) defining school-wide behavioral expectations, (c) teaching behavioral expectations directly to students, (d) developing procedures to acknowledge appropriate behaviors and discourage inappropriate behavior, and (e) monitoring the ongoing evaluation of relevant outcomes. Results from the growing body of research on school-wide PBIS suggest that it is an effective approach to reduce student problem behavior and improve the overall climate of the schools.