



The ABCs of Behavior



Objectives

**What is
Behavior**

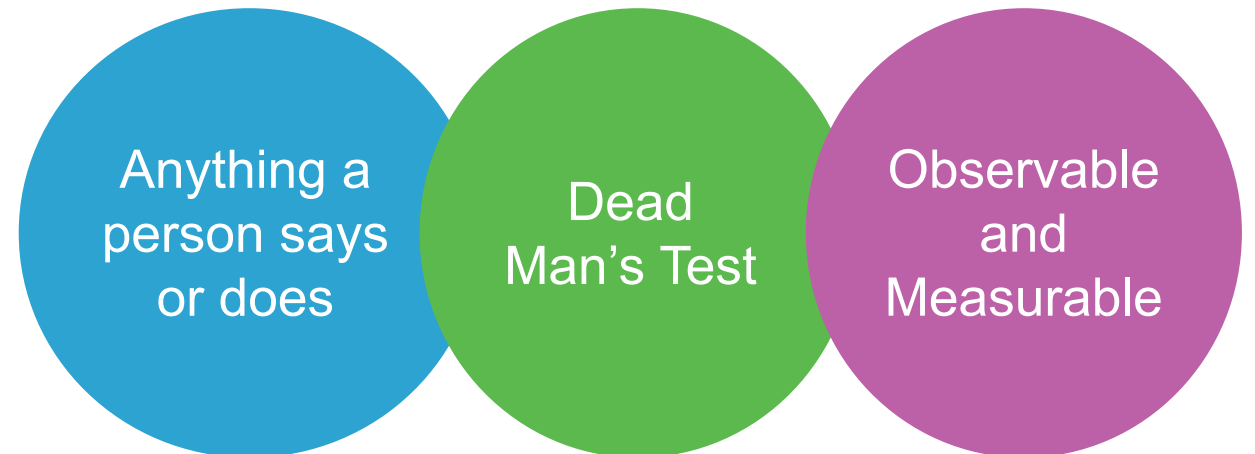
**Functions
of
Behavior**

**ABC's of
Behavior**

The ABCs of Behavior



What is Behavior



The ABCs of Behavior



Defining Behavior

What does it
look like?

What is not
behavior?

Examples

The ABCs of Behavior



Behavior is Neutral – Not Good or Bad



Socially
Significant

The **EFFECT** on
the environment
determines
significance

We **ALL** engage in
behavior that may
negatively affect the
environment



The ABCs of Behavior

Behavior Happens For A Reason

There are Four Functions (Reasons) of Behavior

ESCAPE

ATTENTION

TANGIBLE

SENSORY



ESCAPE

A person behaves a certain way to get out of or avoid doing something that they do not want to do.

Example: A child yells no and runs off to their room when asked to put toys away and is no longer required to put the toys away. The child learns that yelling no and running off will get them out of putting things away.





ATTENTION

An individual behaves in a way that gets focused attention from parents, peers, teachers or other people around them.

Example: Teacher asks students to raise their hand if they know the answer. One student begins waving their hand frantically and yelling out the answer until the teacher tells them to stop shouting out the answer and wait to be called upon.

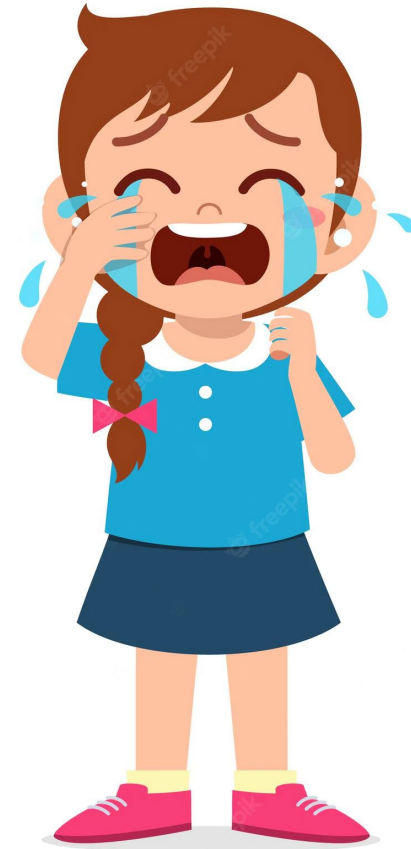




ACCESS TO TANGIBLES

The individual behaves in a certain way to get a preferred item or access to an activity.

Example: Individual cries and says, “I want a cookie” and parent says “no”. Individual cries and whines about wanting more food. Parent lets child have more food. Child learns that crying and whining will get them what they want.





SENSORY

The individual behaves in a specific way because it feels good to them, or it stops something from feeling bad.

Example: Individual scratches their skin to relieve the itching.





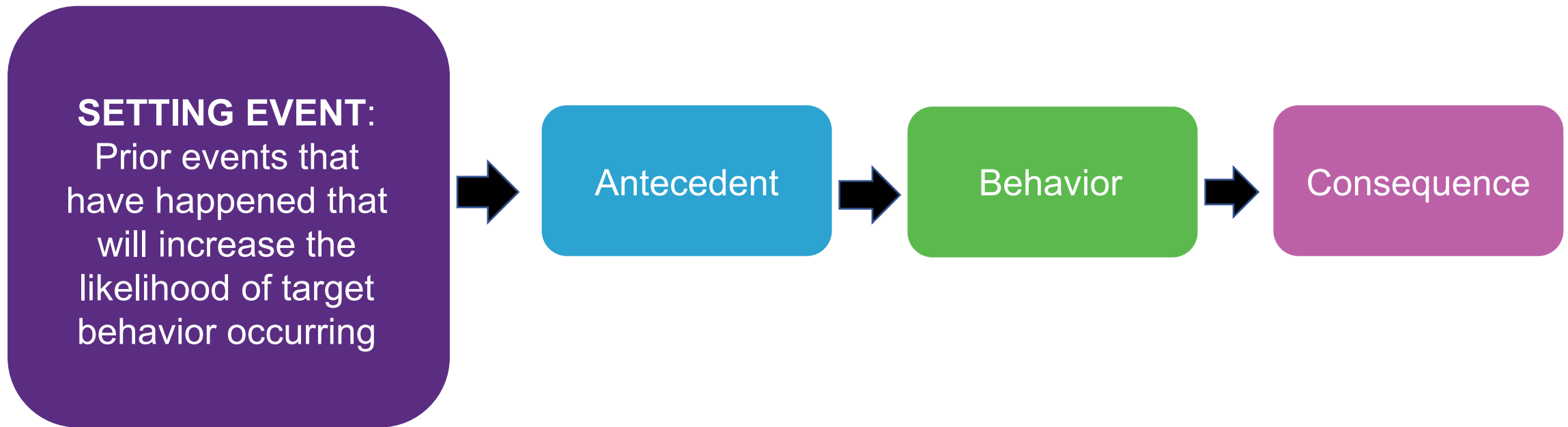
So, how do we determine the function?



Take Data



The ABCs of Behavior



The ABCs of Behavior



Date	Time	Antecedents: What happened right before the behavior?	Behavior: What happened? Be specific.	Consequence: What happened right after the behavior occurred?
1/1/2022	2:43 PM	Asked Jonny to put his toys away.	Jonny threw one of his toys.	Yelled at Jonny to stop throwing toys.

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Taking ABC Data

Antecedent: What happened directly before the target behavior occurs

Behavior: *Observable* behavior – what happened

Consequence: What happened directly after the target behavior occurs

Setting Event	Antecedent	Behavior	Consequence
The child woke up at 4:30 am after a nightmare.	The parent asked the child to put his toys away.	The child starts to pick his lip.	The parent says, “stop picking.”
School was canceled because of snow.	The child was playing with his toys when his sister began playing with a nearby toy.	The child pulls his sister’s hair.	The sister yelled “ow!” and began crying.

The ABCs of Behavior



Place a tally mark in the box during each time period the at the target behavior occurs.

From	To	Monday	Tuesday	Wednesday	Thursday	Friday
7:00	7:30					
7:30	8:00					
8:00	8:30					
8:30	9:00					
9:00	9:30					
9:30	10:00					
10:00	10:30					
10:30	11:00					
11:00	11:30					
11:30	12:00					
12:00	12:30					
12:30	1:00					
1:00	1:30					
1:30	2:00					



Tips for Collecting ABC Data



- Pay attention to antecedents such as demands, difficult tasks, transitions and being told “no”
- Pay attention to consequences such as repeating requests, attention, given preferred items and demands being lifted
- Consider documenting the setting event as well as the ABC
- Collect multiple ABC scenarios prior to implementing an intervention



THE ABCS OF BEHAVIOR

SETTING EVENTS

- Clothing feels itchy
- Family moved
- Temperature / Lighting in the room
- Poor sleep
- Not feeling well
- Changes to routine



THE ABCS OF BEHAVIOR



Antecedent (Preventative) Interventions

Creative
Scheduling

Preset,
Preset, Preset

Provide
Choices

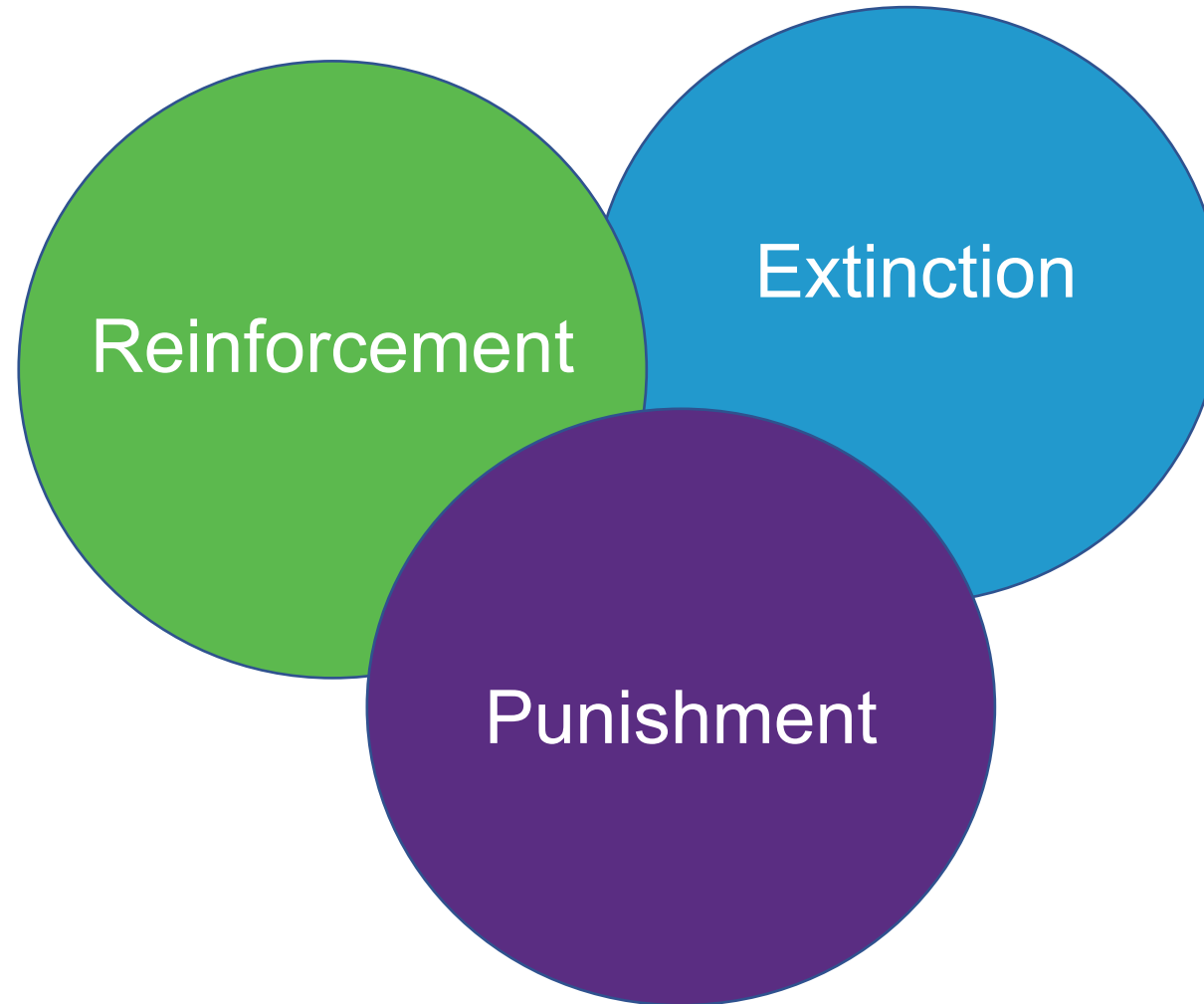
Enrich the
Environment

Use the
Child's
Interests

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Consequence (Reactive) Interventions

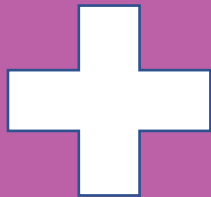


The ABCs of Behavior



Reinforcement
(Increases Behavior)

Positive



Negative



Active Avoidance

Escape

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Examples of reinforcement

Positive

- Praise
- High Five
- Offering an Activity
- Cheering
- Giving a Hug

Negative

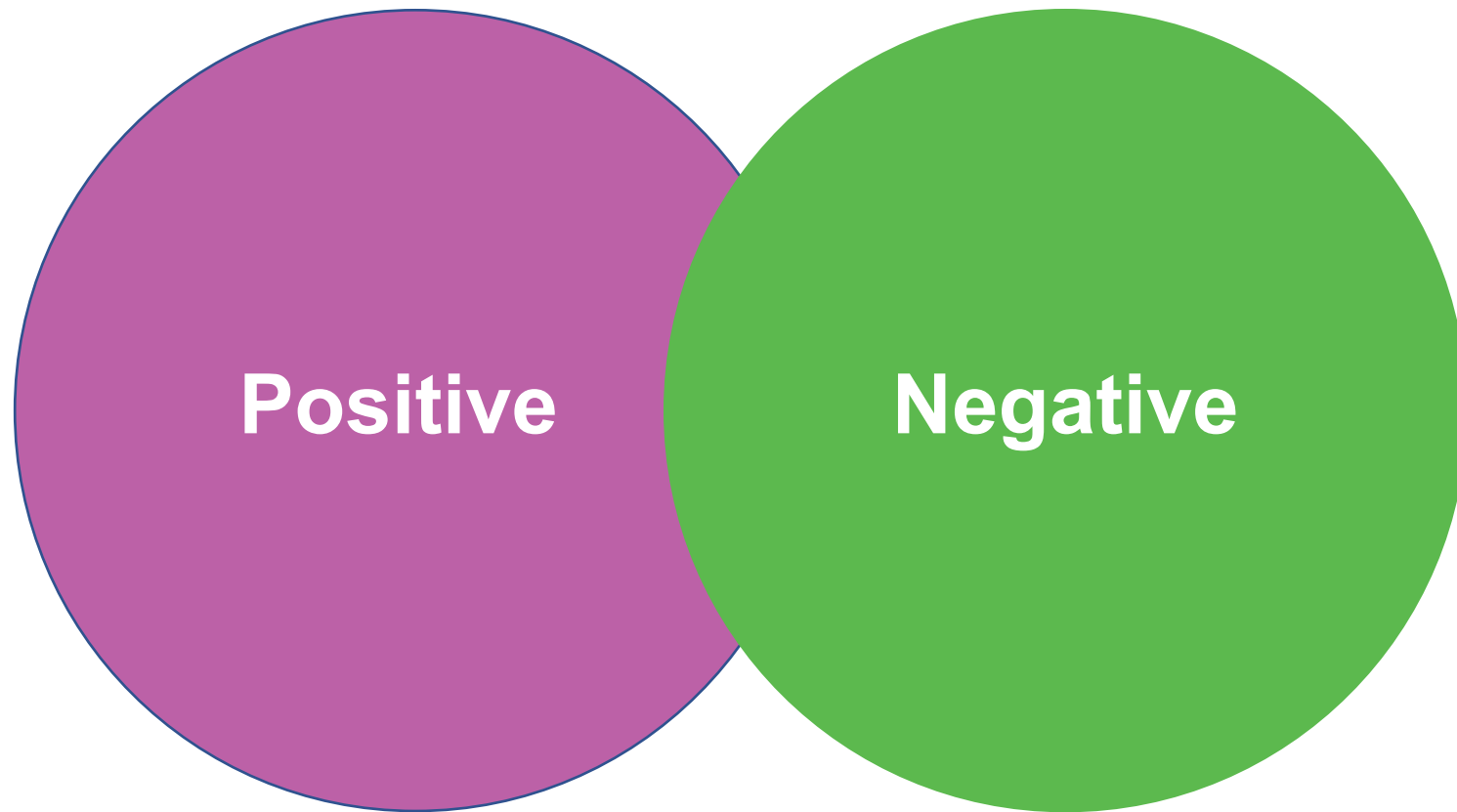
- No homework if 90 or more on test
- Taking a different route with less traffic to get to work
- Removing curfew or rules

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Punishment

(Decreases Behavior)





Examples of punishment

Positive

- Getting Pulled Over
- Extra Chores
- Reprimands

Negative

- Removing Door After Slamming
- Taking Away a Cell Phone
- Taking Away Video Games



Extinction

Stop reinforcing a problem behavior that has been previously reinforced.

Example:

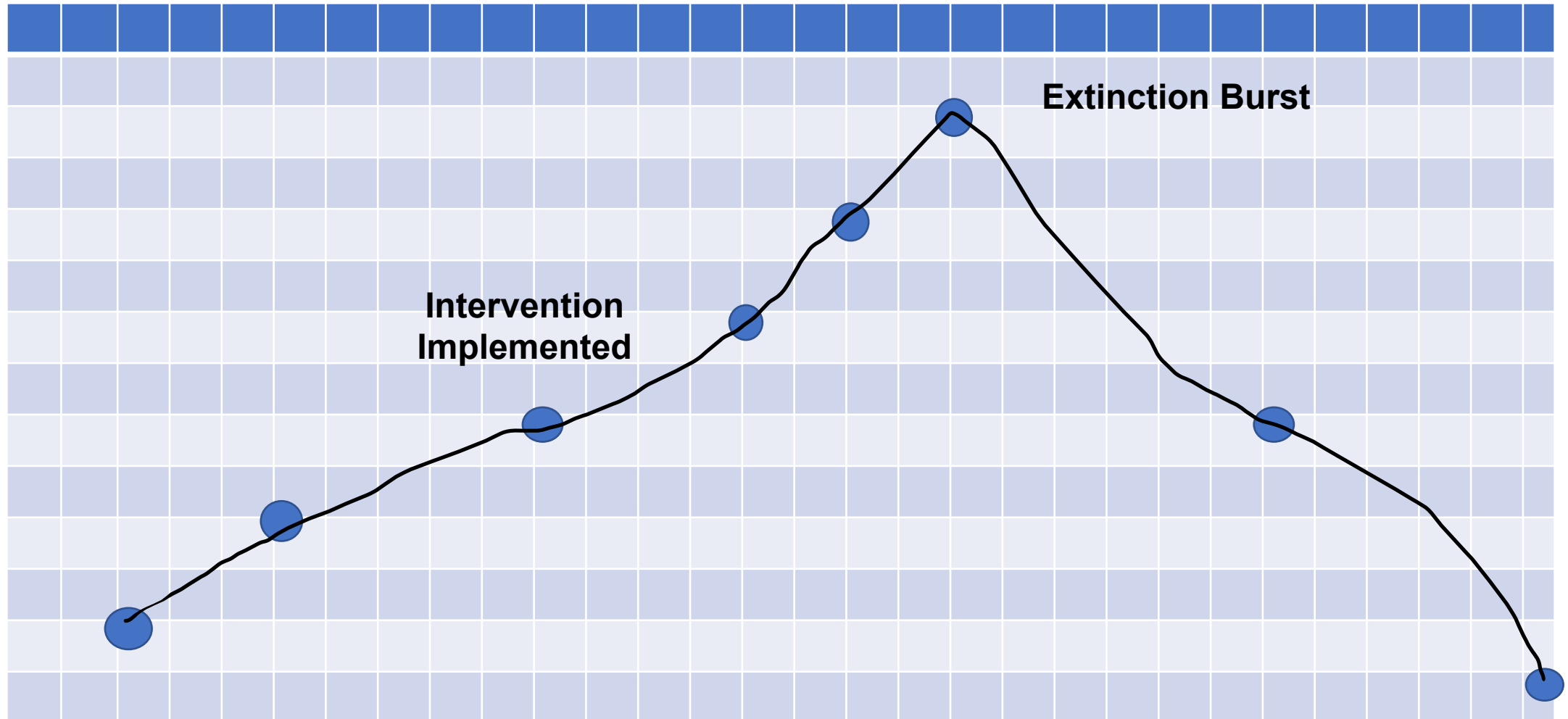
Your child screams and cries when it's time to leave the park. Previously you would allow five more minutes. An extinction procedure would be picking your child up and leaving without giving any response to the screaming and crying.



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Extinction





Open Discussion

Q & A



RESOURCES



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