

A PEATC

Do You Know....



Factsheet for Virginia's Parents Behavior Intervention Plans (BIPs)

Positive Behavioral Supports and the Behavior Intervention Plan

Families and schools benefit from using the nationally recognized approach called **Positive Behavioral Intervention and Supports (PBIS)**. **PBIS** is an approach to **resolving unwanted behaviors** that recognizes that behavior is communication. The focus is on **prevention vs. punishment** and **replacement of problem behaviors** with more appropriate actions. The process may involve development of a **Behavior Intervention Plan (BIP)** based on the results of a **Functional Behavioral Assessment (FBA)**. See PEATC's FBA Fact Sheet for more information on this part of the process.

If your child **receives special education services under an Individualized Education Program (IEP)**, regulations require **the IEP team must consider the use of positive behavioral interventions, strategies and supports to address the unwanted behavior** if his behavior impedes his learning or that of others. Schools may also implement BIPs for students under a **504 Plan**.

School divisions must conduct an FBA and implement a **Behavior Intervention Plan (BIP)** when a **student with a disability has been subject to disciplinary action and the behavior is found to be a manifestation (directly related) to his disability**.

What is a BIP?

Virginia regulations define the BIP as: *"a plan that utilizes positive behavioral interventions and supports to address behaviors that interfere with the learning of students with disabilities or the learning of others or behaviors that require disciplinary action."* In simple terms, a BIP is a **written plan to prevent or replace unwanted behaviors with more acceptable behaviors**. The plan documents the behavior, why it is happening, and lists the positive strategies and supports that will be provided to reduce or eliminate the behavior.

Even when not required, many school divisions will use an FBA and BIP for a student with behavioral challenges. **Gender, ethnic cultural and linguistic factors** should be considered when developing an BIP. Once agreed to, a BIP is part of the IEP. **A good FBA is the foundation for a good BIP.**

Resources on Positive Behavioral Interventions and Supports

Virginia Department of Education
[Guidelines for Conducting Functional Behavioral Assessment and Developing Positive Behavior Intervention](#)

Positive Behavioral Intervention and Supports
pbis.org

Understood
[What is a Behavior Intervention Plan?](#)

Center on the Social and Emotional Foundations for Early Learning
[Positive Behavior Support: An Individualized Approach for Addressing Challenging Behavior](#)

Association for Positive Behavior Support
apbs.org

A Day in Our Shoes
[How to Get an Effective Behavior Plan on your IEP | FBA](#)

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Factsheet for Virginia's Parents

Implementation of the BIP

Once the FBA has been completed and the team has identified function of the unwanted behavior, the next step is to develop the BIP. **All relevant team members must commit to implementing the BIP as written.** In some cases, this may include using the plan in settings other than the school. **Data must continue to be collected** in order to determine if the BIP is working.

For a BIP to be effective, the replacement behavior and/or reinforcement (reward) has to be meaningful to the student. It is also important that the reward not lose its desired effect too soon and that the student not become dependent on the reward (i.e., he won't perform the replacement behavior without the reward). It is definitely a balancing act as the reward will need to be phased out. Students must have frequent opportunities to engage in and be reinforced for the positive behavior and for self-management of their actions.

Case Example:

Joe is in 6th grade. **He throws paper at his classmates** and is usually sent to the principal's office. An FBA is conducted, and **the team finds that Joe does this in English, Reading, and History, but not in other, more hands-on classes.** They find that the behavior happens when his teachers ask questions. Joe **avoids having to answer** questions by acting out. Joe tells the team that **he is anxious about giving the wrong answer and being laughed at.** With Joe's support, the team agrees that for a period of time, **he will receive questions in advance of class**, so that he knows what he will be asked. **Joe gets a lot of praise and support** from his teachers and peers when he responds to the questions, and the behavior decreases substantially. **As Joe becomes more and more confident**, he starts raising his hands to answer new questions. He continues to be praised for his work, and the disruptive behavior is eliminated. **If the behavior reappears, or Joe starts exhibiting a new unacceptable behavior, his team will need to meet again to reassess.**

Some BIP Strategies

- **Teach more acceptable behavior that serves the same function**, e.g., raise hand instead of yelling.
- **Modify the setting**, e.g., rearrange desks or move the student.
- **Modify the events that occur before the behavior** (antecedent), e.g., give a 5-minute warning before starting a new task.
- **Modify the events that occur after the behavior** (consequence), e.g. give praise for the positive behavior or a short break.
- **Modify parts of the curriculum or instruction**, e.g., provide more hands-on learning or make lectures shorter)
- **Reinforce behavior that is incompatible with the problem behavior**, e.g., if the student keeps standing up, sitting down is reinforced (rewarded).

PEATC's mission focuses on building positive futures for Virginia's children by working collaboratively with families, schools and communities to improve opportunities for excellence in education and success in school and community life.

For more information about us, please contact:

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