

Behaviour support. What it actually is, and what it isn't.

If someone has said the words "behaviour support" about you, this page is for you. It is short on purpose.

First: you are not in trouble. Behaviour support is not a punishment and it does not mean you are bad. It exists because something in your life is hard, and the adults around you want to get better at helping instead of just reacting.

What we actually do

We ask questions. Of you, first, and of the people who know you. We look at what happens before the hard moments and what happens after them. We work out what your brain is doing and why, and then we make a plan, mostly for the adults around you, so they respond in ways that help rather than make it worse.

It is not

- Weekly therapy sessions in an office.
- Someone telling you to "make better choices".
- A list of rules.
- A report about you that you never get to see.

It is

- Working out the real reasons behind the hard moments.
- Changing the stuff around you that keeps setting them off.
- Giving you skills you can actually use.
- Getting the adults on the same page, in the same words.

Your brain's alarm system

Anger, anxiety, and risk taking all start in the same place: an alarm in your brain that goes off before you have decided anything. It is not a flaw. It kept humans alive for a very long time. The problem is when it goes off too early, too often, or too hard, and it runs the show. A lot of what we do is working out what sets your alarm off and what turns it down, so you are the one deciding what happens next, not the alarm.

Your say

You can tell us what helps and what does not. You can see the plan, and ask for it to be changed. You can ask what has been written about you and who it goes to. If you do not understand something, say so, and we will explain it properly.

What we will never do

- Lie to you about who we talk to.
- Use the plan to control you.
- Blame you for a plan that does not work. If it does not work, the plan was wrong, and we fix the plan.
- Treat you like a set of behaviours instead of a person.

How we can help

School, home, a placement, court, a job: wherever things are hard, the work is the same. Understand what is going on, change what can be changed around you, build a couple of skills that give you more options, and get the adults responding in a way that does not make it worse. The goal is not "no problems". The goal is a life that is actually worth showing up for.

IF THINGS ARE BAD RIGHT NOW

Talk to someone today.

Emergency 000 · Lifeline 13 11 14 · Kids Helpline 1800 55 1800 · 13YARN 13 92 76. All of them are free and open all day, every day.

Foundational Minds is a specialist behaviour support practice, part of Foundations First Group. A parent, carer, teacher, worker, or support coordinator can make a referral at foundationalminds.com.au. If you want to know more first, ask them to show you this page or the website.