# Personalized Prevention & De-escalation Planning Document

*Directions for Use:*

Understanding the behavior escalation cycle assists educators employ techniques to use at each stage for students with histories of explosive, destructive, potentially harmful behaviors toward self and others. Document the student’s behavior during each phase of the escalation cycle and what adult/staff response to use for each stage in an effort to prevent behavior from further escalating.

Note: **This is not a Behavior Intervention Plan**. Stage one, calm overlaps with all the components in a BIP related to teaching and altering environments. Stages 2-7 overlap with Responding to Challenging Behavior Strategies on a BIP. Inclusion of this sheet in a BIP can provide more clarity on relative strategies for students with explosive behavior.

**Identifying Information**

|  |  |
| --- | --- |
| **Student Name** | **Date** |
| [Enter student’s name] | [Enter date] |

| **Phase** | **Student Behavior** | **Staff/Adults Response** |
| --- | --- | --- |
| 1. **Calm**
 | [Add text here.] | [Add text here.] |
| 1. **Trigger**
 | [Add text here.] | [Add text here.] |
| 1. **Agitation**
 | [Add text here.] | [Add text here.] |
| 1. **Acceleration**
 | [Add text here.] | [Add text here.] |
| 1. **Crisis/Peak**
 | [Add text here.] | [Add text here.] |
| 1. **De-Escalation**
 | [Add text here.] | [Add text here.] |
| 1. **Recovery**
 | [Add text here.] | [Add text here.] |