Individualized Supports for Students with Problem Behaviors: Designing Positive Behavior Plans

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This book describes how to develop positive behavior supports (PBS) for problem students. As part of the process, educators attempt to understand the student and identify environmental reasons for his or her problem behavior. Bambara and Kern write: “Once the student and his or her challenging behaviors are understood, PBS involves developing individualized interventions that change problem contexts and teach the student alternative skills for dealing with problem situations.” The process is often successful because it alters those conditions that contribute to a student’s problem behavior.

Bambara and Kern’s approach differs from others in that they stress simultaneously teaching social behavior and building supportive environments where students can use those social skills. The PBS process described can be adapted to address the needs of many types of challenging students and emphasizes involving teachers, parents, and the students themselves.