

What Is PBIS?



Information for Parents

PBIS (Positive Behavioral Interventions and Supports) is a proactive behavioral approach that focuses on prevention, not punishment.

How PBIS Works

The goal of PBIS is to promote good behavior and enhance the educational experience for the entire school community—students, educators, and parents.

PBIS includes three tiers of student support. The support each student receives depends on their specific needs.

Tier 1 practices include strategies, supports, and interventions that apply to all students. Examples of Tier 1 practices include:

- ▶ working together with students and families to define positive behavior expectations school-wide.
- ▶ teaching appropriate behavior to all students.
- ▶ rewarding expected behavior and responding to unwanted behavior in an instructional way.

Tier 2 addresses the needs of about 10–15% of students. Examples of Tier 2 practices include:

- ▶ increasing adult supervision.
- ▶ providing individualized positive reinforcement opportunities.
- ▶ enhancing school-family communication.
- ▶ providing additional instruction and reminders to address individual needs.

Tier 3 supports and interventions are for the 3–5% of students who are not responding to Tier 1 and 2 supports. Tier 3 strategies are highly individualized and may include the following:

- ▶ counseling
- ▶ mentoring
- ▶ community service
- ▶ behavior meetings

The Benefits of PBIS

PBIS has been shown to increase positive student behavior and decrease negative behavior in classrooms and schools.

- ▶ PBIS improves student academic performance and social-emotional development.
- ▶ PBIS reduces bullying, drug and alcohol use, office referrals, and suspension.
- ▶ PBIS reduces teacher burnout.
- ▶ PBIS helps students and educators feel safer and more engaged in their school community.

What Parents Can Do

PBIS works best when parents and educators work together to support student success.

Discuss the school's rules and expectations with your student. Make sure they understand and can follow them. If you or your student have a question or concern, reach out to the school.

Consider implementing PBIS at home. Together with your student, define positive behaviors clearly (for example, stick to a homework schedule, keep room clean, be home by curfew). Then define rewards for behaving positively (video game time, weekly allowance, or social privileges).



To review, watch this quick video.