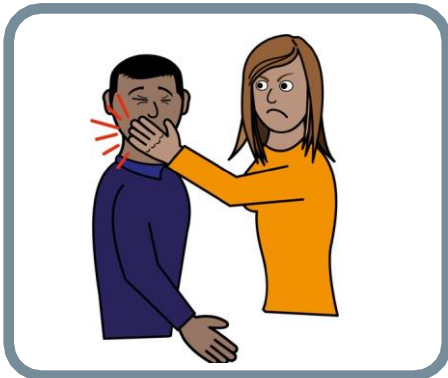


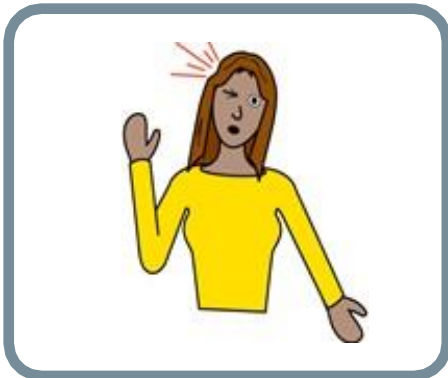
# What is Behaviour that Challenges?



There are four main types of behaviours that challenge:

## Hurting others

- Hitting
- hair pulling
- kicking



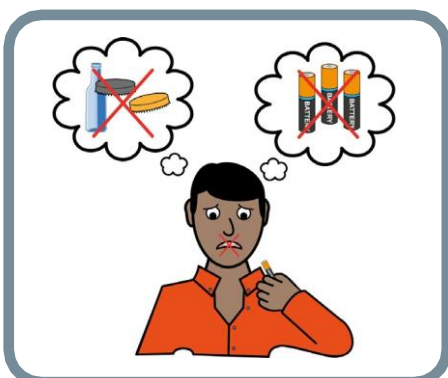
## Harming self

- Banging your head on purpose
- Biting yourself
- Scratching yourself



## Destructive

- throwing and breaking things
- tearing
- pulling things down



## Eating objects that are not food

- cigarette
- bottle tops and lids
- bedding
- batteries
- paper



## How we can help you?

We will work with you and people who support you to understand your problems. These behaviours have a **purpose**. We will listen to **why** you might be behaving like this.

We will also look at what you and your carers can do to make things better.



## Working Together

We will **talk to you and your carers** about the problems you are having.

We will ask you about what you are good at and things you enjoy doing.

We will **make a plan together** with you.



For information and support go to **The Challenging Behaviour Foundation**.

Website: [www.challengingbehaviour.org.uk](http://www.challengingbehaviour.org.uk)

🖱️ Email: [support@thecbf.org.uk](mailto:support@thecbf.org.uk)

📞 Family support service: **0300 666 0126**



## SCOPE

📞 Free disability helpline: **0808 800 333**

🖱️ Email: [helpline@scope.org.uk](mailto:helpline@scope.org.uk)