

Easy Read Red Behaviour Scale.

Agitated	Disruptive	Destructive Increased Gross Motor	Dangerous	Threat of Lethal
I'm Distressed	PAY ATTENTION	Losing Control	Lost Control	Stop Me

The **RED** scale helps you and your support staff understand how you feel.



You may feel sad.



You may feel angry.



You may feel scared.

Support staff can see that something is upsetting you by the things you do.



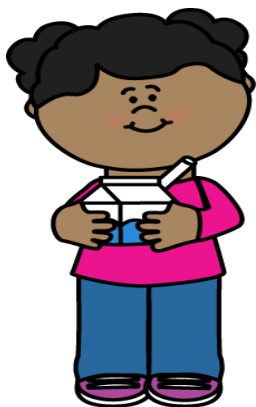
You may cry or rock.

We call this an **agitated level of behaviour**.



The Support Staff will look at your Support Plan.

They read about the things that make you happy.



You may want a drink.



You may want to go for a walk.



You may want to talk to staff.

Support Staff can see that something is upsetting you by the things you do.

These things can stop you feeling upset, but sometimes it doesn't work.



You may still feel upset.

You may feel even more upset.



You may shout or swear.

What you do may upset other people near you.

We call this a **disruptive level of behaviour**.



The Support Staff will look at your Support Plan.

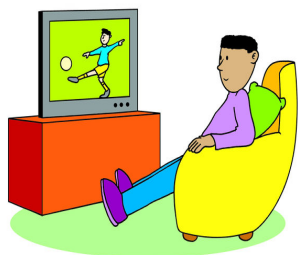
They read about the things that make you happy.



You may want to talk.



You may want to sit in the garden.

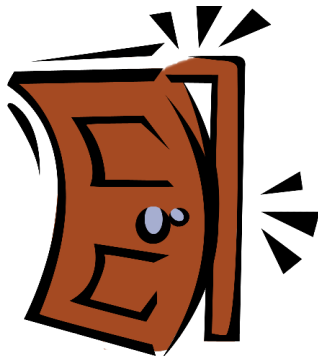


You may want to watch TV.



These things can stop you feeling upset, but sometimes it doesn't work.

You may feel even more upset.



You may bang a door.



You may break things.

You do not want to hurt people.

Other people near you may be frightened or upset.

We call this a **destructive level of behaviour**.



The Support Staff must keep you and everyone near you safe.

The Support Staff will look at your Support Plan.

They read about the things that make you happy.



You may want support staff to help you and give you more attention.



You may want to listen to music.



You may want to play football.

These things can stop you feeling upset. But sometimes it doesn't work.



You may still feel upset.

You may get even more upset.



You may hit people or throw things at them.

If you do these things you may hurt yourself or hurt other people.

We call this a **dangerous level of behaviour**.

You are NOT dangerous.

It is the things that you do that are dangerous.



Your Support Staff need to keep you safe and everyone near you safe.

They may hold you to stop you from hurting yourself or other people.

This is called a Restrictive Physical Intervention.



If the Support Staff hold you they will keep asking if you are OK.

They will check your breathing.

They will tell you what is going to happen next.



The Support Staff will stop holding you when it is safe.

They will let go a little bit at a time.

We call this a Sequenced Release.



Support Staff may say:

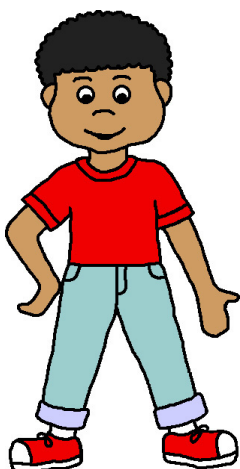
"Well done, it's all over."



Support Staff may say:

"Let's both take a deep breath. I will count to 10."

You will take a deep breath.



Support Staff may say:

"We're going to release your arm, please put it by your side."

You will put your arm by your side.



Support Staff may say:

"I am now going to let go of you. Please take 2 steps forward."

You will take 2 steps forward.



The Support Staff will look at your Support Plan.

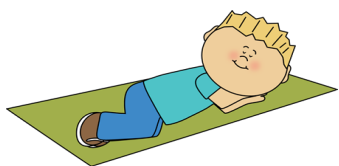
They read about the things that make you happy.



You may want to be on your own.



You may want to talk to Support Staff.



You may want to have a sleep.



The Support Staff will check that you are still OK.

They may ask you if there is anything they could do to stop you getting so upset and keep you happy.

We call this a Post Incident Review.