



Charles County
Public Schools

Working together to achieve excellence for every student.

Charles County Public Schools (CCPS) Behavioral Health Conference

The Motivation & Goals of Negative Behavior in Students

Lana C. Collier, M. Ed.

Professional School Counselor/Certified Grief Recovery Specialist

March 9, 2023



This CC BY-SA

Today's Discussion Agenda

Welcome/Introduction

Objective & Overview

Ice Breaker

M/H Stats in the Class

The Four Mistaken Goals of Negative Behavior

What The Experts Say About Behavior

VIDEO

Behavior Poem

Group Discussion

Tools to Help Decrease Negative Behaviors

Resources

Questions



To provide a clear understanding of the goals behind negative behaviors in students, and the motivation behind them.

And to provide parents, students and educators with tangible tools and resources to help decrease these negative behaviors and turn them into positive ones.

WHAT MAKES A BABY CRY? (it starts with babies)



- In need of a diaper change
- Hungry
- Tired/irritated
- Sick/in pain
- Wants to be picked up
- Needs/wants attention
- Babies communicate by crying

CHILDREN LEARN WHAT THEY LIVE

~*Dorothy Law Nolte (educator, counselor, author)*

If a child lives with **criticism**, he learns to **condemn**.

If a child lives with **hostility**, he learns to **fight**.

If a child lives with **ridicule**, he learns to **be shy**.

If a child lives with **shame**, he learns to **feel guilty**.

If a child lives with **tolerance**, he learns to be **patient**.

If a child lives with **encouragement**, he learns
confidence.

If a child lives with praise, he learns to appreciate.

If a child lives with **fairness**, he learns **justice**.

If a child lives with **security**, he learns to have **faith**.

If a child lives with **approval**, he learns to **like himself**.

If a child lives with **acceptance** and **friendship**, he
learns to find love in the world.



WHO IS IN THE CLASSROOM?

When observing an average classroom of 30 high school students in the United States, one will find the room consisting of young individuals confronting a variety of challenges. These challenges are usually physical or psychological in nature with significant mental health outcomes: depression, low self-esteem, oppositional behavior, loneliness, grief, hurt, anxiety, stress and other various mental health disorders:





- 1 out of 6 girls are abused
- 2 students have a **chronic** illness
- 3 students out of 30 are suicidal
- 1 out of 8 boys are abused
- 9 out of 10 **LGBTQ** students experienced being bullied
- 1/3 of American teens are involved in bullying
- 1 young person **under 25 dies** from **HIV** infections **every 24 hours**
- 1 out of 5 may have an identifiable **mental health** disorder and needs treatment.
- 1 out of 7 students is a bully or victim of bullying
- Children from **divorced homes** have **more psychological problems** than children who experienced the death of a parent.

(Source: BSU Mental Health Conference, 2018)

Young people can have mental, emotional, and behavioral problems that are real, painful, and costly. The problems, often called disorders, are sources of stress for children, their families, schools, and communities.

The number of young people and their families who are affected by mental, emotional and behavioral disorders is significant. Mental health disorders in children and adolescents are caused by biology, environment, and psychological aspects or a combination of the three.

Examples of biological factors are genetics, chemical imbalances in the body, and damage to the central nervous system, such as a head injury. Many environmental factors can affect mental health, including exposure to violence, extreme stress, and the loss of an important person.

Traumatic experiences are usually a combination of both biological and psychological elements impacted by the environment. The degree of the trauma determines how the individuals **handle** and **recovers** from the situation or experience.

(Source: BSU Mental Health Conference , 2018)

What Does This Statement Mean to You?

TURN & TALK

“The primary goal of ALL human behavior is “social” belonging, while maintaining significance and a unique sense of self.”



What Do The Experts Say About The Goals of Mis-Behavior

“The primary goal of ALL human behavior is “social” belonging, while maintaining significance and a unique sense of self.” *(Dr. Dreikurs)*

Psychotherapist, and founder of Adlerian psychology, *Dr. Alfred Adler* suggested that ALL behavior is goal-oriented. Adler states that we will know much more about a person’s behavior when we seek to uncover their intentions, their purposes and goals. We start by asking the question, “**Why?**” (the goal, purpose & outcome of the behavior).

Psychiatrist, and Educator, *Dr. Rudolph Dreikurs* suggested that human misbehavior is the result of NOT having one’s basic needs of belonging to and contributing to, a social group, met. He identified the four **(4) goals of misbehavior: Undue attention, misguided power, revenge, and assumed inadequacy.**
(Source: Guttenberg, 2011)

VIDEO ILLUSTRATION

DR. RUDOLPH DREIKURS

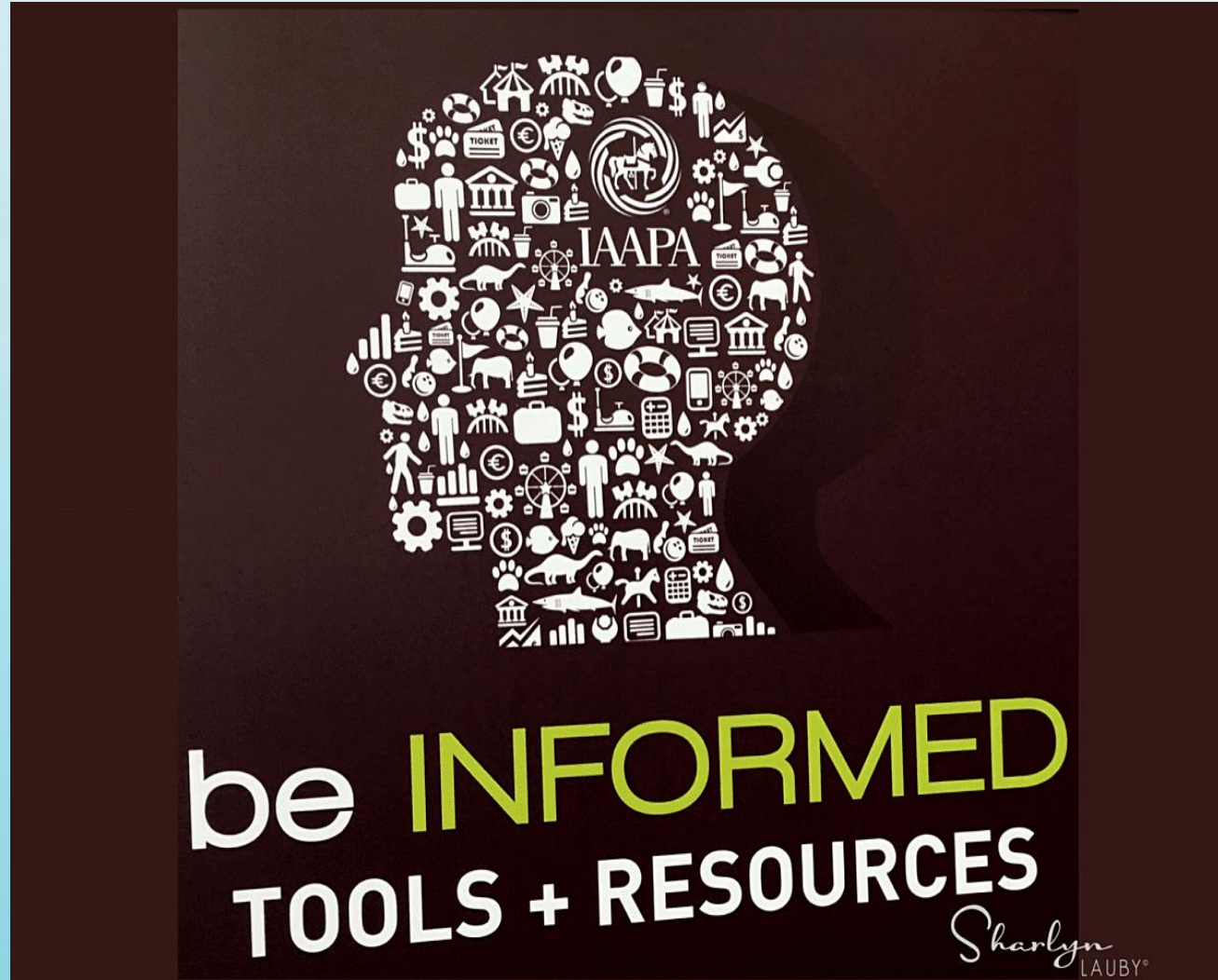
THE 4 MISTAKEN GOALS OF MISBEHAVIOR
(attention, power, revenge, assumed inadequacy)

<https://youtu.be/KopWTmjwR3M>



- *Positive reinforcement provides long term benefits.**
- *Positive reinforcement develops a child's character.**
- *Positive reinforcement makes a child feel loved.**
- *Positive reinforcement helps develop a child's self-esteem.**
- *Positive reinforcement makes you feel good as a parent.**

(Source: Youngscholarsacademycolorado.com)



USEFUL TOOLS TO COMBAT NEGATIVE BEHAVIORS: PARENTS

- Give daily positive encouragement and praise.
- Remember to smile & laugh!!!! 😊
- Don't feed into negative behavior- Avoid a confrontation.
- Eat **dinner** together (no electronics). Set boundaries.
- Plan family time each day/week to share thoughts and feelings.
- Ask: How was your day?
- Hang out together as a family
- Connect w/other parents. Attend PTSO meetings & school events.

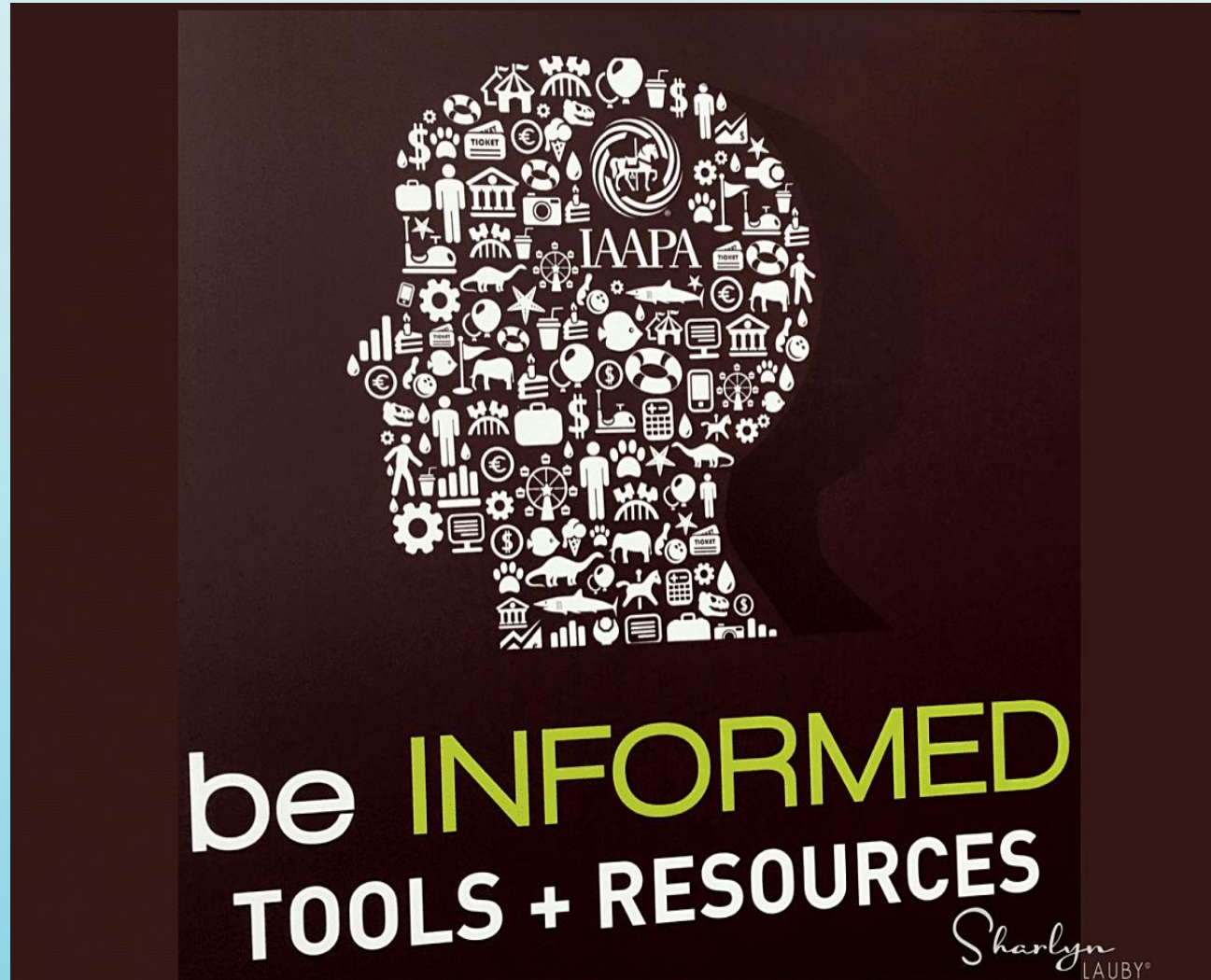


great
job!

WAYS TO SHOW STUDENTS YOU CARE

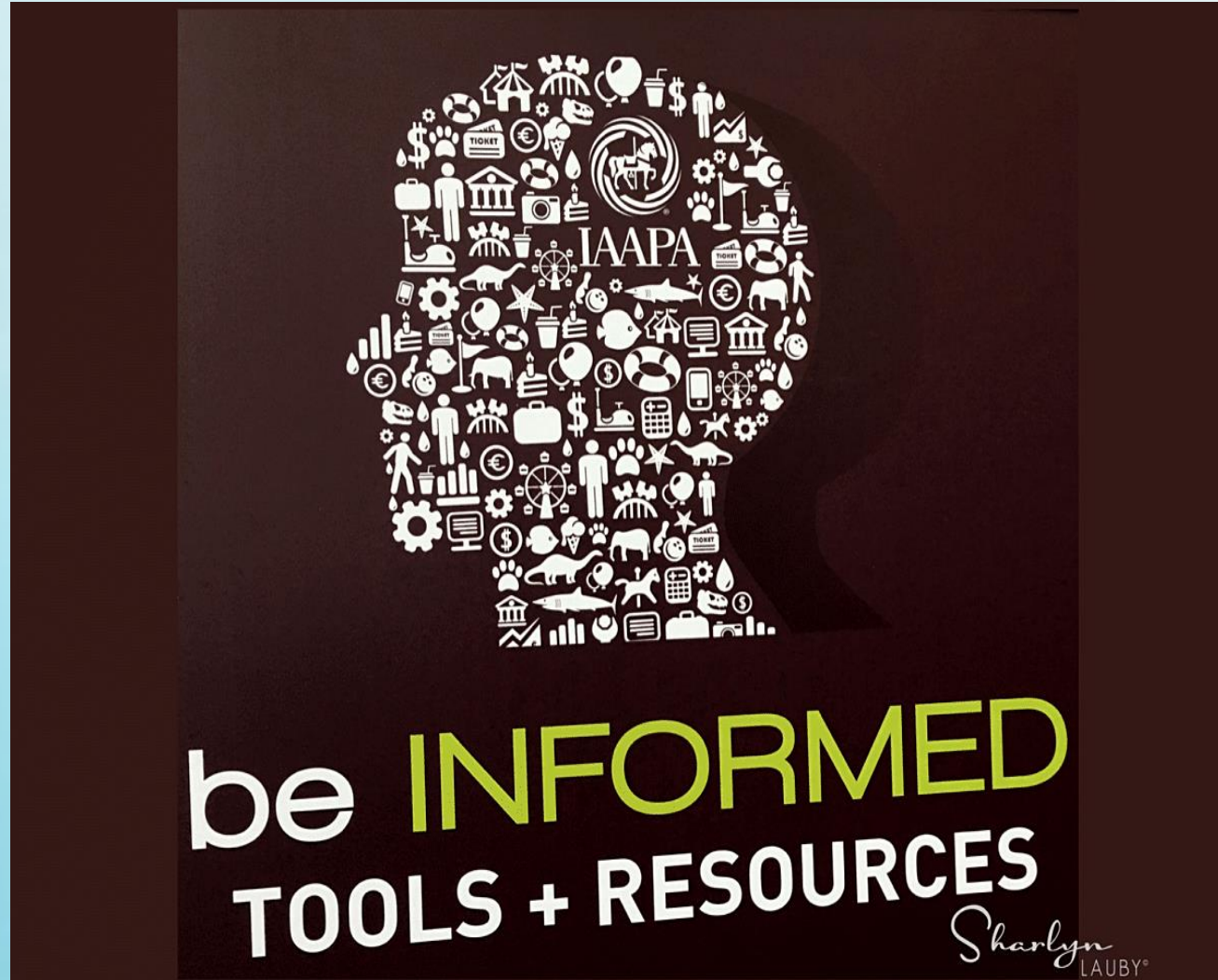
- *Share the excitement
- *Celebrate good grades
- *Say I'm sorry, often
- *Say great job or good job often
- *Say I love you, and mean it
- *Give eye contact
- *Listen to them, then speak
- *Say yes, a lot
- *Reward students for hard work
- *Talk about it!
- *Encourage them daily
- *Say it's ok to fail, do better next time. Learn from it.
- *Do homework/projects together
- *Laugh at their jokes
- *Tell them they are beautiful/handsome
- *Shop together
- *Make yourself available
- *Relax together
- *Always give a compliment

Search-institute.org



USEFUL TOOLS FOR: STUDENTS

- Hang around positive like-minded students (who share your goals).
- Talk to a trusted adult
- Stay positive
- Practice self affirmations
- Find a buddy/Be a friend
- Love yourself/Respect yourself
- Give what you want to receive
- Set realistic goals!
- Don't quit & Don't ever give up!!
- Don't limit yourself-try!
- Avoid Drugs & Alcohol



ADDITIONAL RESOURCES

- Counselors, Teachers, School Psychologists, PPW and Staff are available to assist.
- Suicide Lifeline: Call or Text “988” 24/7. It’s confidential.
- Confidential Services 24/7
Crisis Intervention:
301.645.3336
- Charles County Health Dept.
301.609.6900.
- Charles County Dept. of Social Services (DSS) 301.392.6400.
- See Flyers on the Table!

THANK YOU! 😊

