2019 2020 EMPOWER PRofessional Learning series 

# EMPOWER session 4 Agenda **[month, day, year]**

# **[ENTER TIME] (2 HR)** Presenter: **tba**

## **Session 4:** Supporting Students Across the Tiers: Managing Acting Out and Internalizing Behaviors

### Welcome!

* Welcome & Introduction
* Managing Acting Out Behavior
  + Stages & Strategies
  + Individualized De-Escalation Support Plans
* Supporting Students with Internalizing Behaviors
  + Primary (Tier 1) Prevention … for All
  + Secondary (Tier 2) Prevention … for Some
  + Tertiary (Tier 3) Prevention … for A Few
* Wrapping up: Resources and Questions

### SESSION DESCRIPTION

In this session we will discuss respectful and responsible ways to support all students across tiers by managing externalizing or acting out behavior, as well as learn strategies to support students with internalizing problems such as anxiety symptoms. The emphasis will be on how adults can proactively intervene at the first signs of concern and to effectively respond once behavioral challenges arise. We will discuss how to build positive interactions between educators and students and individualized de-escalation plans. Finally, attendees will be able to access valuable resources to build capacity at their school sites.

### Learning objectives

1. Identify effective, respectful and responsible strategies to respond to challenging behaviors and strategies to support students with internalizing behaviors proactively across the tiers.
2. Recognize the different phases of acting out behavior and apply interventions effectively, while maintaining positive and productive interactions with students.
3. Identify strategies on how to build an individualized de-escalation plan.
4. Identify strategies to manage anxiety in the classroom, and tips to share with families.
5. Access resources to utilize in future efforts to build school capacity.

### Future Professional learning Opportunities:

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| --- | --- | --- | --- |
| **Date** | **Time** | **Location** | **Topic** |
| Apr. 23, 2020 | **[enter time]** | **[enter location]** | Moving Forward with Ci3T: Planning for Success |

#### please visit the [ci3t.org/pl](http://www.ci3t.org/pl) to register or for information and resources on this topic.