RethinkEd

"Running on Empty: Are your Teachers Prepared?"

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VP – National Partnerships

What Resonates?

RethinkEd

I've come to a frightening conclusion that **I am the decisive element** in my school. It's **my personal approach** that creates the climate. It's **my daily mood** that makes the weather. As an Educator, I possess a **tremendous power** to make a child's life miserable or joyous. I can be a tool of torture or an instrument of inspiration. I can humiliate or humor, hurt or heal. **In all situations, it is my response** that decides whether a crisis will be escalated or de-escalated and a child humanized or dehumanized.

Hiam Ginott

The NEED to FEED

Teacher Well-Being

Support Systems

Consequence of Neglect

Burn-Out/Compassion Fatigue

Key Connections

✓ **Emotional Regulation & Student Behavior**

✓ **Classroom Climate & Teacher Energy**

✓ **Training & Confidence**

✓ **Support Systems & Sustainability**

Problem Behaviors Are Becoming a Big Problem
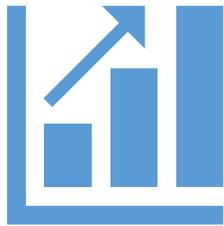
Behavioral challenges in the classroom are on the rise in terms of frequency and severity, and teachers are not equipped to manage it.

Problem behaviors include bullying, tantrums, defiant behavior, elopement (running off), self-injury, aggression, unresponsiveness, emotional outbursts, and non-compliance.

Students end up losing about 3 weeks of instructional time

Poll Question 1

Which of the following best describes the behavior challenges in your classrooms right now?

- Increased emotional outbursts
- Defiance or non-compliance
- Student disengagement
- Physical aggression or self-injury
- Bullying or peer conflict
- Other

Disruptive student behavior is on the rise...

More than 70% of teachers reported a recent increase in disruptive behavior in the classroom.

87% of schools reported increased incidents of misconduct, rowdiness, disrespect toward staff and peers, and prohibited use of electronic devices

More than 40% of teachers think that they are not fully prepared for classroom management and handling student behavior.

Is It Getting Too Hard? Are teachers overwhelmed?

How School Discipline Is Being Handled

Components of Effective Professional Development
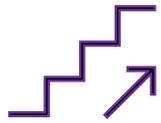
Structured Supports

Microlearning

Content-Focused

Active Learning

Reflection

Collaboration

Feedback

The Pivot

"It's is not one more thing on the plate; it is the plate," it means that is not just another task to add to an already busy schedule, but rather it should be considered the foundation for everything else a student learns; it's the essential base that supports all other aspects of learning." ~ RCGS

What Resonates?

Poll Question 2

What type of support do your teachers need most to manage student behavior? (Select all that apply)

- Strategies to de-escalate and respond in the moment
- Clear expectations and classroom systems
- Training on trauma-informed or restorative practices
- Tools for building student behavioral skills
- Data to monitor and adjust behavior plans
- Data to monitor and adjust behavior plans
- I'm not sure yet

4 key components of behavior to help you maximize student learning and minimize classroom disruptions

WHY

WHAT

HOW

1. Understand Factors that Impact Behavior

2. Create Positive Learning Environments

3. Teach Behavior
4. Manage Behavior
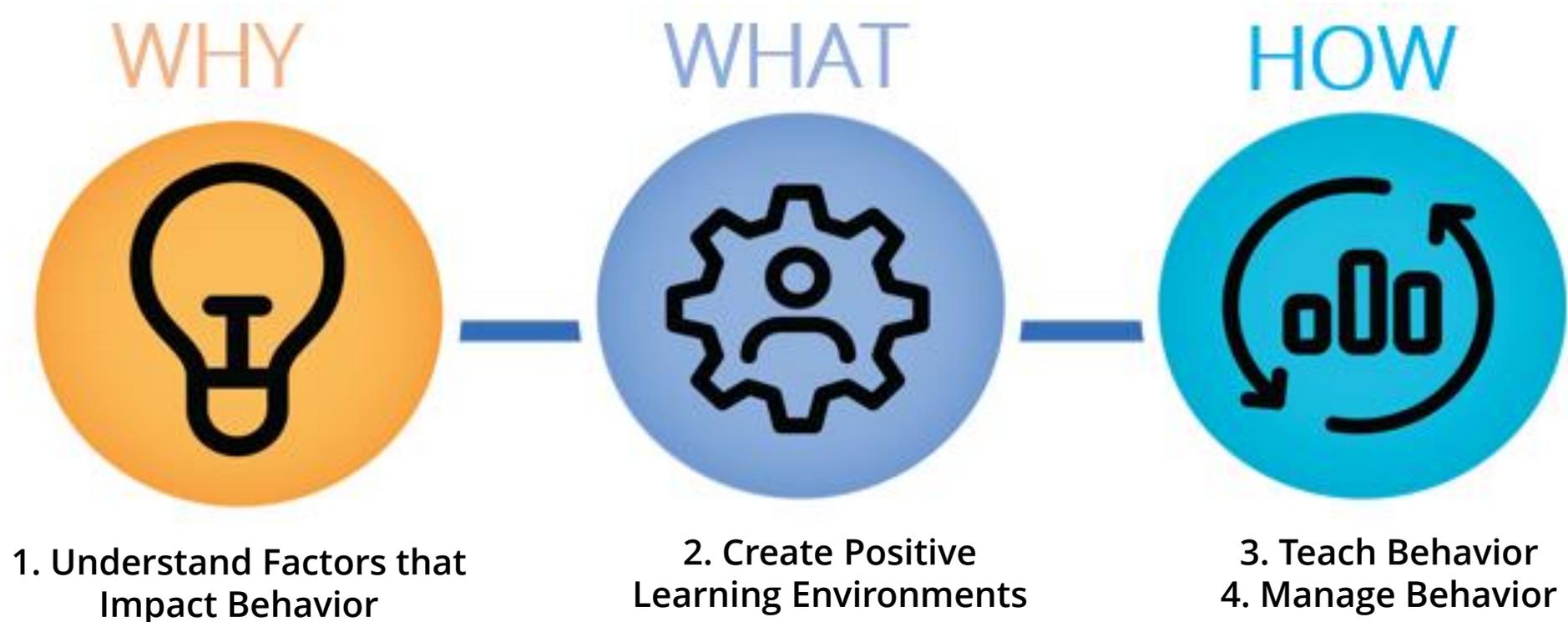
Component 1: Understand Factors that Impact Behavior

WHY
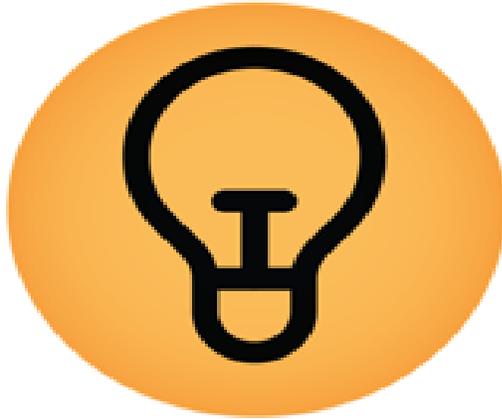
- ✓ Child Development
- ✓ Adverse Experiences
- ✓ Mental Health
- ✓ Developmental Disabilities
- ✓ Implicit Bias
- ✓ Compassion Fatigue

Component 2: Create Positive Learning Environments

WHAT
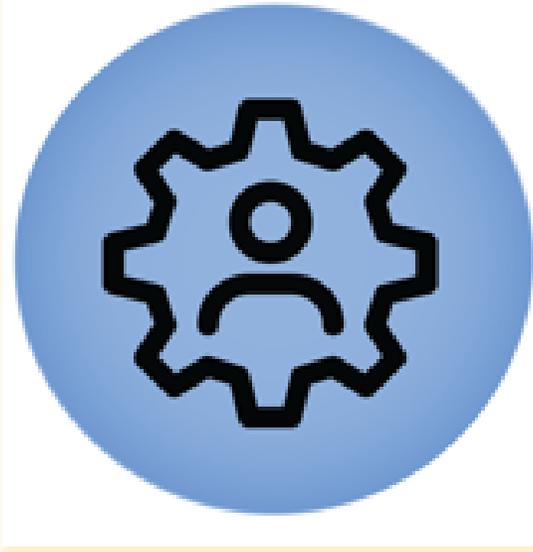
✓ Safe and Caring Classrooms
✓ Trauma-Sensitive Classrooms
✓ Classroom Management Systems
✓ Positive Behavior Interventions & Supports

Component 3: Teaching Behavioral Skills

HOW
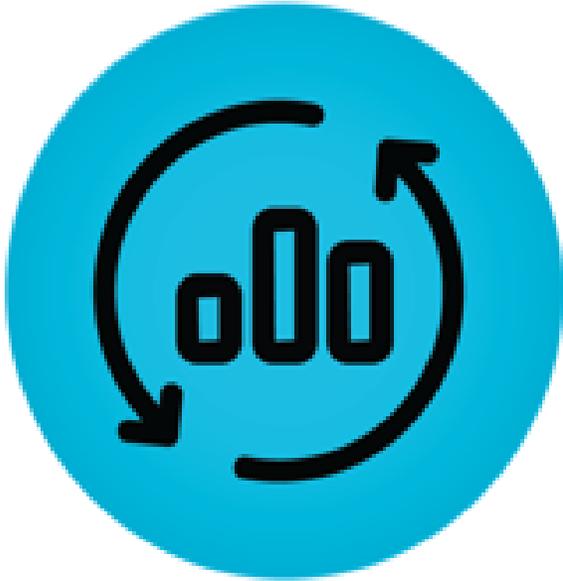
- ✓ Self-Regulation
- ✓ Stress Management
- ✓ Time Management
- ✓ Organization
- ✓ Goal-Setting

- ✓ Cooperation
- ✓ Asking for Help
- ✓ Respect
- ✓ Conflict Resolution
- ✓ Focus

Component 4: Managing Behavior and the Environment

HOW
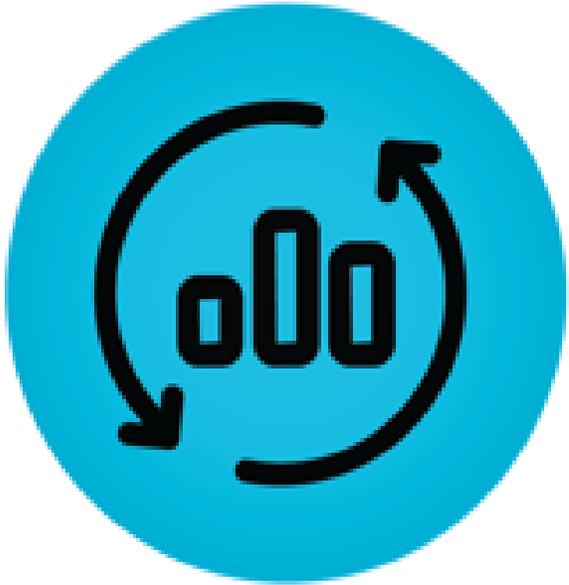
- ✓ Expectations, Rules and Routines
- ✓ Feedback and Reinforcement
- ✓ Managing the Physical Environment
- ✓ Daily Check-Ins
- ✓ Engagement Strategies
- ✓ Restorative Practices
- ✓ Response Strategies
- ✓ De-escalation Strategies

Understanding Behavior

Build Relationships

**Identify Root Cause**

Observe and Listen

Acknowledge Individualized Differences

Poll Question 3

How confident are your staff in managing behaviors across tiers (1,2,and 3)? (Select one)

- Very confident

- Somewhat confident

- Not confident, especially for Tier 2/3 students

- We're still figuring out our tiered support approach

- I'm not sure

Managing Behavior
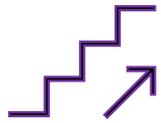
Set Clear Expectations

Be Consistent but Flexible

Use Positive Reinforcement

De-escalate Conflicts

Give Students a Voice

Provide Safe Outlets

Model Desired Behavior

Strategies

✓ **CICO**

✓ **Behavior Contracts**

✓ **Mentoring**

✓ **Restorative Practices**

✓ **Social Groups**

✓ **Supporting** Mental Health

✓ **Encourage Student Voice and Choice**

What Can District Do

✓ **Data-Driven Decision-Making**

✓ **Address Root Causes**

✓ **Monitor Disciplinary Disparities**

✓ **Develop Clear, Consistent Policies**

✓ **Promote Positive Behavior Interventions and Supports**

✓ **Strengthen Mental Health Supports**

IF ALL BEHAVIOR IS COMMUNICATION, WHAT IS YOUR STUDENT'S BEHAVIOR COMMUNICATING?


look for roots, not weeds

Food 4 Thought

#1

CHALLENGING BEHAVIOR OCCURS WHEN THE DEMANDS ON A CHILD OUTWEIGH THE SKILLS HE HAS TO RESPOND

#2

UNDERSTANDING *why* A KID IS CHALLENGING IS THE FIRST AND *most important* PART OF HELPING THEM. -DR. ROSS GREENE

MISS*behavior* »

#3

SOMETIMES THE THING YOUR STUDENTS NEED MOST, HAS NOTHING TO DO WITH WHAT'S ON YOUR LESSON PLAN.

@RELATIONSHIPGOALS LIFE

#4

"SOME TEACHERS TAUGHT THE CURRICULUM TODAY. OTHER TEACHERS TAUGHT STUDENTS TODAY. AND THERE'S A BIG DIFFERENCE"
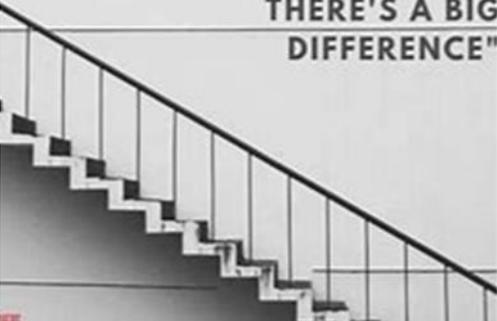
Why RethinkEd

We're ALREADY Making a Difference Together!

1. MTSS

Streamline systems, simplify processes, and increase capacity to provide data-driven academic, behavioral, and social-emotional interventions that facilitate measurable student success.

2. Behavior

Promote positive behaviors, decrease behaviors that hinder learning, and maximize student and educator success in the classroom with a holistic and data-driven approach.

3. Intervention

Implement innovative, defensible, and evidence-based programs that focus on curriculum interventions targeting academic skills, life skills, social skills, and transitional/vocational skills.

4. Wellness

Promote social, emotional and mental well-being, connectedness and overall success by focusing on skills development and awareness for the entire school community.

Explore More: Access, Learn, and Engage

RethinkEd

1 Download Your Participation Certificate

2 Join us for an Upcoming Webinar on Whole School, Whole Community Behavioral Solutions

3 Speak to a RethinkEd Representative

Q&A Session