

Template

0 – 25 Specialist Teaching And Support Service

De-escalation Plan

Name:	Try	Avoid
Created by:	Strategies that have been tried and been successful in de-escalating a behaviour.	Strategies that have been tried and have worsened the behaviour or caused increased distress for the individual.
Date:	Strategies that are similar in type that could be tried.	Strategies that are similar in type and should therefore be avoided.
Review date:		

Things to note:

- Use visual approaches such as 'Child's Voice' to gather the individual's opinions on what works and doesn't work for them.
- Gather parent/carer voice on strategies used at home.

This template is part of the Strategies for De-escalation Toolkit.

- Strategies for De-escalation Help Sheet
- [Strategies for De-escalation Template](#)
- Strategies for De-escalation Template - Example

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Reference / Evidence base – informed by:

Team Teach