

## Useful links for families with disabled children and young people whose behaviours others see as challenging



Happier | Healthier | Hopeful

### **The Challenging Behaviour Foundation**

[www.challengingbehaviour.org.uk](http://www.challengingbehaviour.org.uk)

Lots of information and resources for families and professionals, as well as a support line.

### **The Different Meanings of Behaviours**

<https://www.disabilitymatters.org.uk/course/view.php?id=116>

This free learning session will provide an overview of the possible different meanings of behaviours seen in disabled children and young people from a variety of perspectives.

### **Worry and Anxiety Matter**

<https://www.disabilitymatters.org.uk/course/view.php?id=112>

This free learning session will give insight into what it is like to experience worry and anxiety as a disabled child or young person and what it feels like as a parent carer to be dealing with it. Tips on preventive strategies and interventions will be explored.

### **Responding Positively When Behaviours are Seen as Challenging**

<https://www.disabilitymatters.org.uk/course/view.php?id=127>

This free learning session introduces positive behaviour support; an evidence based approach to meeting the needs of people whose behaviours are seen by others as challenging.

### **Sexually Concerning Behaviours Matter**

<https://www.disabilitymatters.org.uk/course/view.php?id=119>

This free learning session will investigate the issues surrounding the sexual development of disabled young people and explore when it is appropriate to be concerned about sexualised behaviours.

### **Self-injury Matters**

<https://www.disabilitymatters.org.uk/course/view.php?id=89>

This free learning session gives insight into self-injury from the perspectives of families who deal with it, including how the response of others affects their experience and outcomes. Tips on how to respond to self-injury and how to find expert help will be explored.

