

BIST Components

<u>Goals For My Life</u>	<u>The BIST Model</u>	<u>BIST Concepts</u>
<p>I CAN take good care of myself even if I'm mad</p> <p>I CAN be productive and follow directions even though I don't want to</p> <p>I CAN be okay even when other aren't okay</p> <p>The purpose of the BIST model is to partner with students when they are struggling and help them be accountable for their actions to make changes in their life. BIST is designed to teach and protect students via GRACE and ACCOUNTABILITY so that students can demonstrate the Goals For Life and stay out of trouble.</p> <p>GRACE</p> <p>We accept:</p> <ul style="list-style-type: none">-You-Your problems-Your pain-Your needs <p>ACCOUNTABILITY</p> <p>Guiding students to look at what problems the behaviors create in the student's life. There are 5 levels to Accountability:</p> <ul style="list-style-type: none">-I did it-I'm sorry-It's part of a problem in my life-I accept consequences-I accept and need help	<p>Providing what students need:</p> <p>Early Intervention (When)</p> <ul style="list-style-type: none">-It's never okay to be disruptive.-It's never okay to be harmful. <p>A commitment by adults to this standard. A student will be asked one time per activity to stop a behavior that is disruptive or hurtful. Adults will intervene quickly if a student cannot meet this standard.</p> <p>Caring Confrontation (How)</p> <p>"I see...(disruptive behavior)"</p> <p>"Can you...(desired behavior)"</p> <p>"Even though...(student's feeling)"</p> <p>Caring confrontation is a language of partnership when intervening with a student's disruptive or hurtful behavior.</p> <p>Protective Plan (What)</p> <p>Teaching and practicing the Goals For Life through written strategies that provide support and accountability for the student to help him/her manage their behavior and stay out of trouble.</p> <p>Outlasting the Acting Out</p> <p>Providing relationship, support, and accountability when a student is struggling to maintain the standard and meet his/her Goal For Life.</p>	<p>Safe Seat: A seat in the classroom away from other students.</p> <p>Buddy Room: A seat in another room to help a student regroup so they may return to the safe seat.</p> <p>Recovery/Focus Room: A place where students can go to stop acting out, calm down, prepare an apology and create a plan to stay out of trouble.</p> <p>Think Sheet: A tool that the student completes to help him/her take ownership of the problem and create a plan to be successful.</p> <p>Processing: Questions that the adult asks the student so he/she may take ownership, practice skills and make a plan to stay out of trouble.</p> <p>Target Behavior Sheet: A daily visual of goals the student is working on to make life changes.</p> <p>Triage: Daily "check-in" with an adult to assess emotions, establish focus about what it means to have a good day and formulate solutions if problems occur.</p> <p>Class Meeting: Weekly meetings facilitated by the adult to help students solve problems, plan events and maintain a positive classroom community.</p>