**Behavioural, Emotional & Social Difficulties**

Behavioural, Emotional and Social Difficulties (BESD) are a type of special educational needs in which children/young people have severe difficulties in managing their emotions and behaviour. They often show inappropriate responses and feelings to situations.

This means that they have trouble in building and maintaining relationships with peers and adults; they can also struggle to engage with learning and to cope in mainstream education. Children with BESD will often feel anxious, scared and misunderstood.

Typical characteristics of children with BESD can include:-

* Temper tantrums, disturbing behaviours
* Being hyperactive
* Frustration, anger and verbal and physical threats / aggression
* Withdrawn, isolated or antisocial
* Anxiety and self-harm
* Disruptive and uncooperative behaviours

Sometimes the behaviours we see are just the tip of the iceberg and there can be a number of underlying factors.

There may be underlying medical issues such as food intolerances, allergies or problems with the thyroid. We would advise you to raise any concerns about behaviour you experience at home with your own doctor.

**At school we support children with BESD by . . .**

* having a clear set of rules, rewards and sanctions
* teaching a Personal, Social and Health Education programme
* discussing issues during Whole School Circle Time
* having Playground Buddies who can talk through problems with other children

Additional support may be given through...

* a specific programme of rewards and sanctions in class
* a pastoral support programme
* work on developing strategies for dealing with anger
* role play where children are taught the social skills that they may not have developed
* social stories to help develop an understanding of how to relate to others
* 1-1 support with SENCo

BESD does not have to be a lifelong condition. With appropriate support children and young people can move forward and live successful lives.

School may seek support and guidance from the Local Authority's Learning & Autism Team and Behaviour Support Team.

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