

I'm Wondering...



What is a BSP- Behaviour Support Plan?

You might be wondering what a behaviour support plan is and why adults talk about your behaviour.

A behaviour support plan (sometimes called a BSP) is a plan adults make to help understand a child's behaviour.

It is not a punishment plan.

It is not a list of things you are doing wrong.

Behaviour is how feelings and needs show up on the outside.

A BSP might talk about:

- what situations feel hard for you
- what helps you feel calm or safe
- what adults can do to support you
- what to avoid when things are overwhelming
- ways to help after big feelings or big moments

Not all plans look the same.

Here's one way to think about it:

A BSP is a plan to help adults respond better when things feel hard.

It helps adults:

- understand what might be behind behaviour
- know what helps you feel safer or calmer
- change their responses, not just yours

A good BSP is mostly about what adults will do differently.

One thing to remember:

A BSP is about support, not control.

You are not bad or broken for having one.

How some children might feel?

- Embarrassing
- Unfair
- Confusing
- Relieving
- Like you're being watched
- Different at different times

All of these feelings are allowed.

For adults supporting this child

- Explain BSPs as adult responsibility tools.
- Avoid using the plan as a threat or consequence.
- Review the plan with the child when they are calm, not dysregulated.

This is about understanding behaviour, not managing it.

If you want to...

- If you want to know what is written in your BSP, you can ask.
- If something in the plan doesn't feel helpful, you can say that.
- If you want adults to understand you better, this plan is meant to help with that.
- If you don't want to talk about it right now, that's okay.
- You are more than your behaviour.