



## Behavior Support Training Playlist

### Foundational

#### Creating an Emotionally Safe Club

3 hours

The purpose of this session is to introduce participants to tools developed by the Yale Center for Emotional Intelligence, which are designed to create a positive Club climate.

#### Cultural Responsiveness & Inclusion

2 hours

The purpose of this session is to introduce youth development professionals to practices that support an inclusive and culturally responsive environment when interacting with youth.

#### Developmental Characteristics of Youth

21 min.

The purpose of this course is to familiarize Club staff with the different developmental stages of the youth in their Clubs and enhance their ability to relate to their members.

#### Promoting Positive Behavior

2 hours

The purpose of this session is to guide youth development professionals in creating environments and facilitating rituals and routines in order to create positive behavior norms.

#### Youth Voice

1 hour

This course explores how providing young people with authentic, meaningful choices and a voice in the program are hallmarks of truly engaging environments.

#### Structure & Clear Limits

1 hour

Structure and clear limits in a youth program lay the foundation for a safe environment that supports young people. Structure is the framework for a program and the offerings within it. It's what sets the stage for activities and youth engagement and includes schedules, staffing, routines and program space. Clear limits are the established boundaries set and reinforced by an adult, youth, or a partnership between the two. Clear limits should be established and clearly explained early on so that youth can assume responsibility over them.

#### Ask-Listen-Encourage

1 hour

Do you communicate with youth in a way that makes them feel supported and heard? This interactive workshop introduces various communication techniques that help you build more supportive, youth-centered relationships. Participants will learn how to ask more effective questions, to listen actively to youth, and offer youth encouragement rather than praise.



## **Equity and Inclusion**

### **Building Supportive Relationships for Youth With High Social-Emotional Needs**

1 hour

This webinar will outline more about how to support emotional needs in your Club and teach the coping skills youth need to build and strengthen their relationships. Participants will be able to: 1. Describe the five critical emotional needs of youth 2. Identify two ways to support youth with social-emotional needs in your Club 3. Summarize skills that can help youth build supportive relationships.

### **Creating a Sense of Belonging for Youth with Autism Spectrum Disorder**

1 hour

This webinar will outline key information about Autism Spectrum Disorder (ASD) and how to create a sense of belonging for youth with ASD. Participants will be able to: 1. Define ASD 2. Explain why it can be difficult to create a sense of belonging for youth with ASD 3. Select the best accommodation to support youth with ASD in a scenario.

### **Designing Club Environments to Support Sensory Needs**

46 min.

This webinar will outline three levels of support and resources that can enrich activities, enhance the environment, and encourage all members to participate in a meaningful way. Participants will be able to: 1. Reflect on their own sensory-learning preferences, which will help them design more meaningful activities for BGCA members. 2. Enhance member's participation using respectful accommodations. 3. Review resources to include children and youth with more intense support needs. Supporting resources are available in the training details.

### **Supporting Youth With ADHD through Meaningful Interactions**

46 min.

This webinar will guide participants to use strength-based strategies that give youth with ADHD meaningful expectations so they can contribute to the positive culture of the Club. Participants will be able to: 1. Describe common challenges youth with ADHD may experience in your program. 2. Identify two strategies to support youth with ADHD.

### **How Unconscious Bias Affects Your Work**

1 hour

Everyone brings biases into their work. Learn to examine the times when your decisions may be impacted unconsciously.



## **Responding to Behavior**

### **De-escalating Concerning Behavior**

2 hours

During this course, participants will learn a simple set of steps to de-escalate concerning behavior. Participants will hear definitions of behavior, concerning behavior and unsafe behavior. They will also see examples of the steps in action so they can replicate them in their Clubs.

### **Viewing Behavior as Social-Emotional Development (For Managers)**

1 hour  
30 min.

Effective behavior support requires more than just responding to a concern in the moment. That's because all behavior is the outward reflection of social-emotional development. By using this approach in your Club, you can enhance the experience of all youth. But how do you help your staff consistently use this approach? And how do you communicate that approach to the executive professionals responsible for developing behavior support policies? These topics will be explored during this course. You'll learn concrete strategies to support staff and create a culture of behavior support in your Club.

### **Reframing Conflict**

1 hour

In this approach, adults support youth in addressing their conflicts, and youth have a voice in determining both the cause and the solution to the conflict.