



# De-Escalation



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## TYPES/PURPOSE

For Teachers:

- Calm Phase: Encourage baseline behaviors and establish routines.
- Trigger Phase: Recognize and mitigate triggers to prevent escalation.
- Agitation Phase: Engage in problem-solving to de-escalate situations.
- Acceleration Phase: Maintain control of the environment and prevent further escalation.
- Peak Phase: Implement safety measures and use minimal interventions.
- De-escalation Phase: Restore calm and order.
- Recovery Phase: Reflect and plan for future prevention.



## BENEFITS

- Reduces the likelihood of escalation to physical conflict.
- Helps maintain a safe and supportive learning environment.
- Promotes emotional regulation and problem-solving skills in students.
- Encourages positive teacher-student relationships.

# TEACH THE LEARNER

## Step-by-Step Intervention Guide:

### 1. Calm Phase

- Teach and reinforce pro-social behaviors and emotion regulation skills.
- Use antecedent based strategies to remind students of potential triggers.

### 2. Trigger Phase

- Identify and reduce exposure to triggers.
- Provide opportunities for self-regulation through time away.
- Use gestures or verbal prompts to encourage desired behaviors.

### 3. Agitation Phase

- Communicate using Collaborative Problem-Solving (CPS) techniques.
- Focus on generating mutually agreed-upon solutions to prevent further escalation.

### 4. Acceleration Phase

- Maintain a non-verbal, calm demeanor.
- Avoid engaging in arguments or power struggles.
- Guide the student to a personalized spot in the room to cool down.

### 5. Peak Phase

- Use a calm and regulated voice tone.
- Implement short-term, intrusive interventions if necessary.
- Ensure the safety of the student and others by removing individuals from the situation if needed.

### 6. De-escalation Phase

- Gradually reintroduce calm and normalcy to the student.
- Use restorative techniques to rebuild trust and relationships.

### 7. Recovery Phase

- Facilitate rational problem-solving discussions.
- Update the crisis intervention plan based on the incident.

## REMINDERS

- If necessary, involve other trained professionals or authorities who can provide assistance in de-escalating the situation.
- Maintain a composed demeanor regardless of the situation. Your calmness can help diffuse tension.



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