



# Planned Ignoring

## Be consistent

- ✘ Ignore every instance of the problem behavior
- ✘ Individuals need to clearly know which behavior leads to attention
- ✘ Do not direct any attention towards negative behavior

## Keep the individual and yourself safe by blocking

- ✘ If the individual is aggressing against you, move so that the individual cannot injure you
- ✘ Use your body or a soft object to reduce potential injury from self-injurious behavior
- ✘ Continue to ignore the behavior while ensuring safety.

## Making ignoring obvious

- ✘ Look away, keep facial expression neutral, talk to other people, engage in other tasks.
- ✘ The individual must be aware that attention is being removed
- ✘ Ignore the behavior, not the individual
- ✘ Physical contact may be needed to prompt or block behavior to keep everyone safe

## Expect behaviors to escalate temporarily

- ✘ Continue to ignore even if the individual's behavior becomes more severe
- ✘ The individual's behaviors may escalate in an attempt to receive the attention to which he/she is accustomed. This does not mean that ignoring is not working – quite the opposite – the individual is testing the rules/limits that have suddenly been changed.

## Ignore as soon as the behavior occurs

- ✘ Begin ignoring immediately (i.e., within 5 seconds)
- ✘ If the delay is too long, other appropriate behaviors could occur, which may confuse the individual as to which behaviors are inappropriate.

## Do not allow escape due to problem behaviors

- ✘ Ignore problem behavior
- ✘ Follow through with expectations

## Remember!

### Types of attention

- ✘ Eye contact
- ✘ Facial expressions (e.g., stern looks, laughing, smiling)
- ✘ Verbal comments to the individual (e.g., “no”, “stop that”)
- ✘ Verbal comments to another person (e.g., “he’s screaming again”)
- ✘ Physical contact (e.g., hugs, tickles, holding tight)

### Provide clear and immediate *positive* attention for *positive* behaviors

- ✘ Provide positive attention (e.g., specific praise, hugs, tickles, pats and others listed) when at least 30 seconds of positive behavior
- ✘ “Catch the individual being good” at least once every 5 minutes

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