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 aggressive 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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