

## **SPECIAL EDUCATION**

### **Guidelines for Use of Specific Behavior Modification Strategies**

Behavior modification is one of several education techniques used in day-to-day instruction. This technique assumes that all or most learning takes place through positive and/or negative reinforcement.

The term “behavior modification” includes reinforcement techniques commonly employed by classroom teachers, as well as specific techniques used for students such as timeout rooms, restraints, aversive and/or non-aversive techniques, etc.

Use of some highly specific behavior modification strategies can be quite effective. Use of such strategies can also be easily misunderstood by parents and/or other public audiences; therefore, the following guidelines for using behavior modification practices should be observed:

Procedures:

An individual plan for using specific/unique behavior modification strategies with a student should be developed, as determined appropriate, using the following procedures:

- a. Describe specific behavior to be modified/acquired;
- b. Describe the technique(s) to be used;
- c. Determine who will be responsible for administering the technique;
- d. Document whether the student has a choice in the technique to be used;
- e. Document that parents/guardian and the student have been informed of the technique and approve of the plan;
- f. Document that medical clearance has been obtained to use the technique, where appropriate;
- g. Document that the building administrator has approved the plan;
- h. Describe the timelines established such as frequency, duration, termination, etc.
- i. Describe how the technique will be determined to have been successful or unsuccessful.
- j. School staff are prohibited from requiring a child to obtain a prescription for a controlled substance as a condition for attending school, receiving an evaluation or receiving special education services.

**Legal Reference:**

**Federal Regulation 34  
CFR 300; Nebraska  
Statutes 79-1110 to 79-  
1178; 92 NAC 51-  
004.11D1**

**Date Regulation Reviewed by the Board of Education:**

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