

Celebrating 30 Years

30 Ways to Promote Prosocial Behavior

The Positive Behavior Support (PBS) Program is celebrating 30 years of service with 30 tips to help you as you implement PBS.



1. Provide feedback on progress towards reaching specific prosocial goals
2. Practice manners prior to going into the community
3. Explain rules and expectations of a new situation and give a reminder before that event
4. Use social stories to prepare individuals for new situations
5. Use code words as a reminder to follow rules in a concealed way that respects the person's dignity
6. Role play what to do prior to participating in new or difficult situations
7. Use social skills building apps
8. Demonstrate and encourage helping behaviors
9. Catch people being good and praise that behavior
10. Demonstrate random acts of kindness
11. Learn about and practice disability etiquette
12. Compliment others
13. Use signals as reminders of what to do in hard situations
14. Explain WHY we follow the rules
15. Welcome other people's perspectives on situations
16. Offer individuals new opportunities to participate in the community such as volunteering
17. Read books about how to be a good friend
18. Show empathy when someone is upset
19. Give reminders about why it is important to be polite
20. Highlight individuals' prosocial strengths and build upon them
21. Cheer someone on when they are on the verge of giving up
22. Model respect for elders and do something nice to show them you care
23. Encourage positive self-talk
24. Give the person a healthy outlet to display anger
25. Provide visual cues to describe the steps of an activity, chore or game
26. Use a peer buddy system
27. Check in with the individual to see where they are having difficulty with prosocial skills
28. Work together to solve problems
29. Improve communication skills
30. Practice optimism and recognize we can all do better

To learn more about the PBS Program or subscribe to the quarterly Support Report newsletter, please visit pbs.cedwvu.org.

Phone: 855-558-4296 Email: pbs@hsc.wvu.edu

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