

# Functions of Behavior Guide

There are 4 Main Functions of Behavior:

## 1. Attention

The individual wants attention from others (positive or negative).

Example: A child yells during group time and the teacher scolds them.

## 2. Escape/Avoidance

The individual wants to avoid or escape a task, activity, or situation.

Example: A student rips up their worksheet after being asked to complete it.

## 3. Access to Tangibles

The individual wants a specific item or activity.

Example: A child cries when told they can't have more screen time.

## 4. Sensory/Automatic

The behavior feels good to the individual (not dependent on others).

Example: A child flaps their hands or rocks back and forth when overwhelmed.

How to Use This Sheet:

- Refer to these functions while reviewing ABC data.
- Understanding the function helps choose the right intervention.
- Match strategies to the function (e.g., teach communication for access).