

Reference—The Steps to Preventive Teaching

1. Positive motivation statement
2. Introduce the skill and the steps
3. Give a reason for using the skill
4. Demonstrate the skill
5. Help the youth practice (at least 3 times)
6. Offer praise and feedback
7. Offer a positive consequence
8. Give Preventive Prompts

Example

“Hey, Billy. I wanted to talk to you about something for a few minutes. If you pay attention and follow instructions, we can go get ice cream afterwards.

“I wanted to talk to you about accepting ‘no’ for an answer. Sometimes I have to tell you ‘no’ when you ask me for something, and I know that’s hard. Accepting ‘no’ means that when I tell you ‘no’ you need to: look at me, keep a calm face, say ‘okay,’ and not ask again. Do you understand?”

“The reason you need to accept ‘no’ is because when you do you will be able to avoid getting in trouble and will have time to do other things.

“I am going to pretend that I am you and you pretend that you are me. I am going to ask you a question, and I want you to tell me ‘no.’ Watch me to make sure that am using all of the steps.

“Okay, now I want you to try it a few times.

“Great job! You looked at me and kept a calm face. Now let’s try it again and remember to say ‘okay.’ Great! You are the best—I knew you could do it!

“Since you did such a good job paying attention and following my instructions, we can go get ice cream now.

“Remember what we practiced when we go to the store. Because sometimes you ask for things, and I tell you ‘no.’”