Behavior Specific Praise (BSP)

Behavior Specific Praise or BSP, is a positive statement intended to reinforce the desired behavior of an individual that acknowledges the individual by name, manner, or specifically describes the individual's behavior.

Who Does This Strategy Support?

- People who are diagnosed with Behavior Disorders
- People who are diagnosed with Emotional Disturbance
- People who are diagnosed with Autism Spectrum Disorder
- People who are diagnosed with Learning Disabilities

What Will This Strategy Help Student’s Overcome?

Using Behavior Specific Praise, is important in helping people understand what they are specifically doing right. Rather than just saying “good job” you are reinforcing a specific thing that they have done correctly, that way the behavior has a higher likelihood of reoccurring. This strategy may also help reduce attention seeking behaviors.

http://peelingtothecore.weebly.com/fba bsp.html
Examples Of Behavior Specific Praise

Choose a positive statement and then state the behavior that was done correctly.

- “You really handled that situation well because you…”
- “You remembered to…. Great job”
- “You have really improved on…”
- “Great job keeping your hands to yourself” instead of saying “don’t touch him”
- Token economy: giving students a token after good behavior, and explaining what they did

How and Why Does This Work?

Behavior Specific Praise works because it is pointing out the specific behavior in order for the person being praised to understand what they are doing right, so that they will likely do it again. Rather than just saying “good job”. When you say “good job” that allows for the person being praised to choose what behavior they think they are being praised for.

How Do You Implement This?

Evaluate current rates of general and behavior specific praise
Identify behaviors to reinforce
Practice delivery of BSP
Observe student behavior
Provide BSP
Monitor BSP delivery
Seek student input

References:

