

# **Appropriate Responses to the Seven Phases of the Escalation Cycle**

*Managing the Cycle of Acting-Out Behavior in the Classroom (Colvin, 2004)*

## **Phase 1: Calm**

### Classroom Structure & Quality Instruction

- Supervise, reduce distractions, and provide quiet space.
- Establish and teach CLEAR expectations and acknowledge and praise compliance.
- Establish routines to decrease downtime and disruptions.
- Plan ahead for transitions and entry and exit routines.

## **Phase 2: Triggers**

- Identify the situation where the behavior is likely to occur.
- Use pre-correction to teach appropriate response. Rehearse the expectations, prompt or remind students as needed, provide specific praise and reinforcement.
- Work with all staff and faculty to teach and reinforce social skills.
- Group social skills, anger management, community services.

## **Phase 3: Agitation**

- Show empathy: recognize the student's problem and communicate concern.
- Redirect and help the student become engaged in activity, lesson or task (passive or movement).
- Provide choices.
- Provide space in a quiet area or allow students to disengage briefly or put their heads down.
- Use proximity or brief interactions; show acceptance.

## **Phase 4: Acceleration**

- Pause and Assess- "Is this an emergency situation?"
- Avoid escalating the student's behavior.
- Pausing rather than responding immediately shows students that while they may be out of control, staff are calm and controlled.
- Use a calm but serious tone.
- If the situation escalates, withdraw and follow school procedures for emergency situations.

## **Phase 5: Peak**

- Focus on student and staff safety.
- Notify necessary staff of situations and provide directions for response.
- If needed, evacuate others.
- Contact appropriate assistance.

## **Phase 6: De-escalation**

- Once escalation is over, allow student space to calm down, under supervision.
- Provide independent work that is fairly easy to complete to help regain focus.
- Debrief and document the incident to provide data for ongoing planning for safety.

## **Phase 7: Recovery**

- Help student return to normal activities and engage in learning.
- Continue with planned consequence and do not discuss or negotiate.
- Acknowledge cooperative and appropriate behavior.
- Encourage and support student in changing problem behavior.

## Reference

Colvin, G. (2004). *Managing the cycle of acting-out behavior in the classroom*. Eugene, OR: Behavior Associates.