

# Identify triggers

A suggestion for implementing the strategy 'Understanding how to respond to problem behaviour' from the Guide: [Behaviour and learning](#)

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**Includes:**

- Antecedents (triggers) in the classroom
- Barriers to learning as triggers
- Antecedents outside school

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From

Guide: [Behaviour and learning](#)

Strategy: [Understanding how to respond to problem behaviour](#)

Suggestion: [Identify triggers](#)

Date

20 April 2024

Link

[inclusive.tki.org.nz/guides/behaviour-and-learning/identify-triggers](https://inclusive.tki.org.nz/guides/behaviour-and-learning/identify-triggers)

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## Antecedents (triggers) in the classroom

Antecedents can be a specific event, person, or context that happen immediately before a behaviour.

Common examples include:

- being shouted at by other children or a teacher
- having a name repeatedly mispronounced
- insufficient personal space, e.g feeling squashed when lining up or sitting in assembly
- being told to quickly complete an assignment or work task
- having an object taken away
- being told to stop.



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## Antecedents outside school

Experiences outside school can also act as triggers.

- ✓ Reactivity due to stress at home.
- ✓ Conflict in interpersonal relationships.
- ✓ Lack of sleep or food.
- ✓ Experiences of bullying behaviour via social media.

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