

# RECOGNIZE & RESPOND: THE FOUR D'S OF STUDENT BEHAVIOR

*Use this guide to recognize signs and know how to respond or refer appropriately.*

## **DISTRESSED**



Distressed behavior causes concern for the person's well-being.

### **WHAT IT LOOKS LIKE:**

- Tearful, anxious, withdrawn
- Trouble concentrating
- Missed classes or assignments
- Changes in appearance or hygiene

## **DISRUPTIVE**



Disruptive behavior interrupts the classroom or work environment, and represents an escalation or "acting out" of distress or inner disturbance.

### **WHAT IT LOOKS LIKE:**

- Repeated interruptions in class
- Argumentative or confrontational
- Harassing others
- Refusing to comply with rules

## **DISTURBED**



Disturbed behavior may be highly inappropriate, irrational, delusional, and make others uncomfortable.

### **WHAT IT LOOKS LIKE:**

- Angry outbursts, erratic behavior
- Paranoia or delusions
- Verbal aggression or intimidation responses
- Inappropriate emotional responses

## **DANGEROUS**



Dangerous behavior threatens the safety and well-being of others.

### **WHAT IT LOOKS LIKE:**

- Suicidal statements or behaviors
- Threats of violence to self or others
- Possession of weapons
- Physical aggression

*Don't wait. Safety is the priority. For emergencies, call UTA PD at 817-272-3003 or 911.*