

4 D's

behaviors to report

Concern is related to a *marked change*—something noticeable that feels different—from a student's usual behavior.



DISRUPTIVE

Behaviors that interfere with the environment.

- Unruly or abrasive behavior
- Low tolerance for frustration
- Unusually argumentative



DISTRESSED

Behaviors that cause concern for the person's well-being.

- Changes in performance, appearance, or behavior
- Unusual or exaggerated emotional response
- Signs of hopelessness, despair, or suicidality



DYSREGULATED

Behaviors that cause others to feel uncomfortable or scared.

- Withdrawn, isolated, depressed mood
- Agitation, inability to complete daily tasks
- Suspicious or paranoid thoughts
- Writing or drawing with unusual or concerning themes



DANGEROUS

Behaviors that threaten safety or well-being.

- Harassment, stalking, intimidation
- Increased interest in violence or weapons
- Threats of harm against self or others
- Planning or rehearsing violence