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- Withdrawn, isolated, depressed mood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