

Demand Avoidance

Understanding demand avoidance and creating low-demand environments.

Resource Pack

TeamTeach

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Demand Avoidance

Questions:

What are ‘demands’?

What does ‘demand avoidance’ mean?

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Activity:

When an individual is seeking to avoid a demand, what types of behaviour might we see?

Organise your ideas from least to most intense.

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Activity:

List 5 ways to create a low-demand environment. Think about:

- Language and communication
- Individual needs
- Relationships
- Environmental factors

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Summary:

3 things you found interesting.

2 things you want to know more about.

1 thing you want to try.

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Notes:

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