

## Go to Guide – Oppositional Defiant Disorder (ODD) and Conduct Disorder (CD).

**Purpose of this guide:** This guide has been created to support and guide teachers when supporting students with Oppositional defiant disorder (ODD) and conduct disorder (CD).

### Oppositional Defiant Disorder (ODD):

ODD is a mental health disorder that involves defying and arguing with parents, teachers and peers, breaking rules and other serious behavior problems. Some young people with ODD struggle with disruptive behavior in college but others only struggle at home. In order to have a diagnosis which then feeds into an EHCP the young person needs to have exhibited extreme behavior for at least six months.

They must have a pattern of disruptive behavior including at least four symptoms from the list below

- Very easily annoyed, often over very trivial issues
- Often loses temper
- Breaks rules, does not recognize boundaries
- Argues with adults
- Angry and resentful
- Blames everyone else for behavior
- Annoys or hurts people on purpose

### Conduct behavior (CD):

This refers to adolescents who will fight not only against being controlled but will try and control others as well. They may

- Become highly aggressive towards people and animals
- Steal or damage property
- Fight
- Lie
- Violate rules
- Fail at college
- Misuse drugs or alcohol or both

### Tips/Strategies to support students in college:

- Set clear expectations and boundaries and constantly reinforce these
- Be consistent, be clear
- Avoid raising your voice, be neutral and speak calmly
- Assign additional responsibilities so the student gets used to carrying out small and reasonable requests
- Avoid power struggles-do not provide opportunities to argue
- Use praise when the student meets your expectations
- Use effective consequences if expectations are not met
- Work in partnership with parents/carers/agencies
- Try and identify triggers
- Have clear classroom rules and structure