

ISSAQUAH SCHOOL DISTRICT

Para Professional Learning Bundle
TOPIC: Oppositional Defiant Disorder
Length: 2 hours (Pro Tip check out ADHD bundle first)

TOPIC INTRO

In this bundle you will discover what Oppositional Defiant Disorder is, triggers to avoid when working with students who have ODD, and how ADHD are tied together in a lot of cases. This bundle includes YouTube Videos and Articles. One article that is attached to this bundle will give you a quick snap shot of tips and tricks to understand ODD.

Bundle Resources

YouTube Podcast: Ask the Expert: ADHD and Oppositional Behavior in Children (1 hour)
Article: Tips, Tricks, and understanding (15min)
YouTube Video: Tigger's to avoid with Defiant Children (15mins)
Article: Oppositional Defiant Disorder (30 min)

YouTube Podcast: Ask the Expert
[Click Here](#)
To Watch

In min 46 it speaks of a physical parenting technique we do not physically touch children in our job.

YouTube Video:
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Article:
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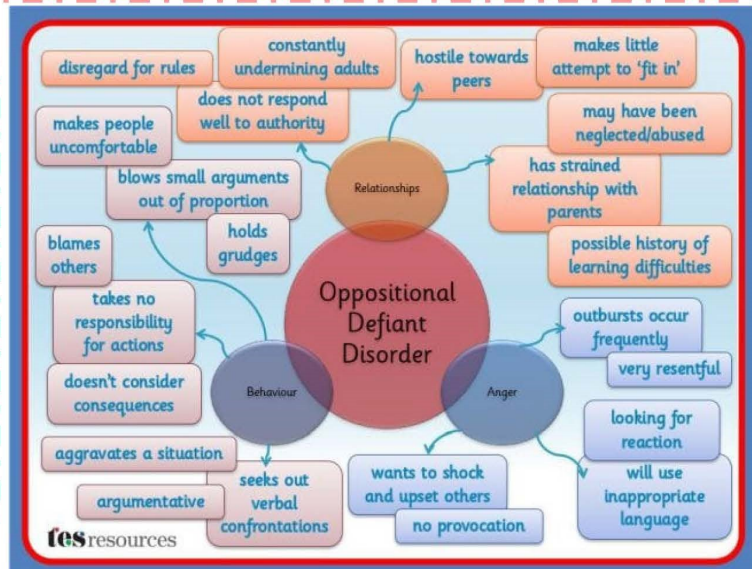
PRO TIP: to read the entire article use the navigation bar on the Left Side of screen.

Oppositional Defiant Disorder

What is ODD?

A pattern of hostile, disobedient, and defiant behaviors directed at adults or other authority figures. ODD is also characterized by children displaying angry and irritable moods, as well as argumentative.

There is a very high overlap in kids who have ADHD and ODD. Children who have ADHD are prone to be distractible and impulsive, which often sets them on a collision course with behavior expectations.



Kids with ODD push the limits of defiance far beyond reason. Their problem behavior is far more extreme than that of their peers, and moreover, it happens far more often.

Anger and irritability. These are the kids who seem angry all the time and fly off the handle at the slightest provocation. Their overreactions may devolve into temper tantrums, not just occasionally, but frequently. Therefore, every conversation you have with them seems to be a struggle.

Defiance and arguing. Most kids go through a phase where "no" is their favorite word, but for students with ODD, that phase never ends. They question everything, all the time, and consistently refuse to comply with rules and requests. Their need for argument may lead them to deliberately annoy others in an attempt to create conflict. However, they usually refuse to take responsibility for their mistakes or behaviors, blaming others for everything.

Vindictiveness. The ongoing anger of kids with ODD can lead to vindictiveness and a need for revenge. They are spiteful and retaliatory, holding grudges and demanding punishment for others.

What Can I do?

Avoid power struggles:

A good phrase is Do it or Don't do it. And walk away

Be consistent:

Boundaries and Expectations do not change You cannot falter; stick to your rules and follow through

Give them Choices:

Kids with ODD are looking for control. Rather than letting them drive the situation, you can give them a feeling of control while maintaining control yourself. State your choices—then walk away. Give the student time to process and decide which choice to make. If they don't like the choices, don't engage.

Give them space to reset:

Kids with ODD can learn to recognize when they're feeling overwhelmed and getting ready to challenge or defy. Giving them a safe space to calm down and rethink their choices can be beneficial . Often immediately after activities with a lot of stimulation, these kids need a safe space to calm down. Let them decide if and when they need to excuse themselves .

Offer positive reinforcement and appropriate rewards:

Kids with ODD often respond to positive behavior reinforcement. It's helpful to offer them a chance to earn certain privileges, rather than taking those privileges away . Make your reward system specific to them. Find something at the student's interest level .