

# Mental Health Newsletter



## What to do when this student is in your classroom?

- Avoid the power struggle and arguments at all costs.
- Develop a personal connection.
- Praise and recognize positive behaviors in oppositional student.
- Be Consistent! Set limits and follow through with consequences.
- Give choices. State choices and provide space for the student to make a choice. If they argue, restate the choices and ignore.
- Give space to reset. Give them space to calm down and rethink their choices.

## Oppositional Defiant Disorder

Oppositional Defiant Disorder (ODD) is characterized by uncooperative, defiant, hostility towards adults – teachers, parents or other authority figures. The child's behavior is often more troubling to others than it is to themselves.

Children with ODD are often seeking attention and the reaction of others. They want to engage in the power struggle and prove to their "opponent" that they can "win" the battle.

There are two schools of thought for the causes of ODD.

**Developmentally** - children have not successfully learned to become independent from their caregiver. The behavior lingers past the developmentally appropriate toddler phrase.

**Learned** - through negative reinforcement by peers and adults. The child seeks attention and the reaction and gains both from their interactions with others.

## What does ODD look like?

Behaviors may include:

- Temper tantrums
- Argumentative with adults
- Refusal to comply with directives
- Questioning of rules and refusal to follow them
- Intentionally annoying or upsetting others
- Blaming others for their own behavior
- Easily annoyed by others
- Angry attitude or affect
- Speaking unkindly and or harshly
- Seeking revenge or vindication



JUST REMEMBER – IT IS NOT PERSONAL!!!!

### Resources

<https://www.cedars-sinai.org/health-library/diseases-and-conditions--pediatrics/o/oppositional-defiant-disorder-odd-in-children.html>

<https://www.weareteachers.com/students-with-odd/>