



# What every parent needs to know

## Disruptive Behavior & Aggression

### WHAT IS IT?

Disruptive behavior disorders, which include Oppositional Defiant Disorder (ODD) and Conduct Disorder (CD), involve behaviors such as temper tantrums, physical aggression, and excessive arguing. They are often first noticed when they interfere with school performance and relationships. Symptoms of aggression and disruptive behavior often result from other conditions or problems. ODD and CD usually coexist with another disorder, especially Attention Deficit/Hyperactivity Disorder (ADHD).

### WHAT ARE THE SYMPTOMS?

- Tantrums/rages
- Fighting/bullying
- Angry outbursts/loss of temper
- Refusal to obey commands or rules
- Frequently annoys others on purpose
- Repetitive, persistent, excessive aggression or defiance
- Cruelty to animals
- Criminal acts such as vandalism, stealing, and truancy

### HOW IS IT DIAGNOSED?

A doctor will complete a full evaluation of your child that considers your child's development level, culture, and stress in your child's life at home and in school.

### HOW IS IT TREATED?

Treatment approaches may include therapy as well as parent and family training. Except in severe cases, medication is not usually used for ODD or CD alone but is often used to treat coexisting conditions such as ADHD.

### WHAT CAN I DO?

- Work with your child's doctor and teacher
- Set up reasonable limits with consequences that can be enforced consistently
- Use praise and positive reinforcement
- Encourage exercise, sleep, and good nutrition
- Pick your battles - take breaks to stay calm
- Limit the amount of time your child plays video games

### WHERE CAN I GET HELP?



See the Disruptive Behavior & Aggression Parent Resources Section in the Minds Matter Tool Kit.