

Helping Students with ODD Succeed

Oppositional Defiant Disorder

1. Build a relationship, build traction. Have conversations about what they enjoy.
2. Talk to them about anything other than school.
3. Avoid "affirming" directly as this may influence opposition.
4. Writing is a trigger, much like it is for students with E.D. It is tedious and not preferred.
5. Big one here: Give 2 choices that lead to the outcome you want so they think they have some control. Do not tell them to do something, that is when they will become oppositional.
6. Give forced choices: Do this or do this. Both outcomes are something you want.
7. If they choose to fail, that's still on them.
8. Show no emotion while giving choices and during struggles.
9. Teachers that were more loving and encouraging to my son with ODD were the best fit and most successful.
10. Give them heads up to changes early on and you will have more buy-in and less resistance.
11. Make sure the child is part of the behavior plan and plan for consequences.
12. Consistency in all school environments.
13. Don't take anything personally because it's not personal. It's their brain working against them.
14. Don't give them the big reaction they want when they are being defiant. This will gradually decrease the behavior.
15. Allow and encourage them to be part of a check-in/ check-out system to give them the opportunity for reflection. You may find they're more aware than they come across to be.
16. Find out what calms their anxiety as that is what fuels their opposition.