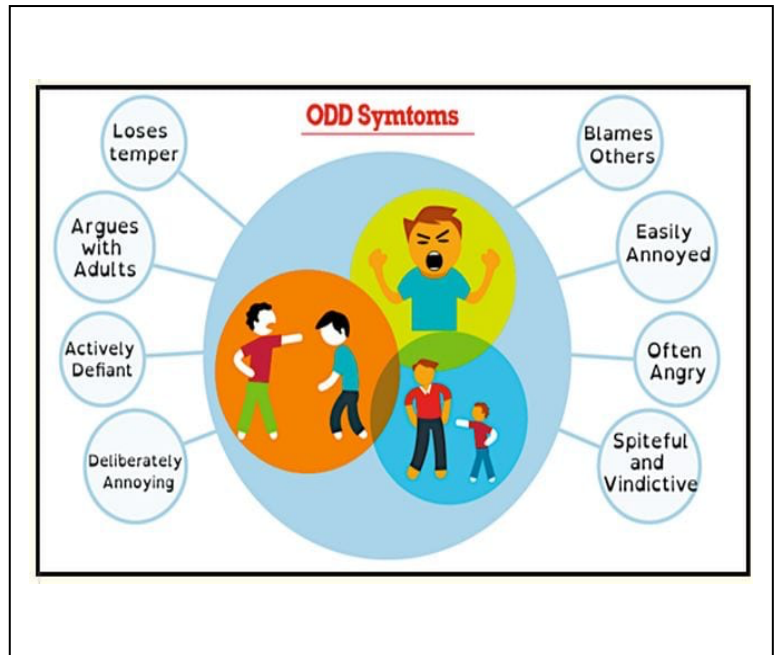


SEND Bulletin No. 14



ODD (oppositional defiant disorder)

Oppositional defiant disorder is the term used to describe aggressive, defiant behaviours that are long-lasting and beyond the range of normal behaviour. ODD can start at quite a young age (usually under nine or ten years) and is more common in boys than in girls. A diagnosis of oppositional defiant disorder will only be given if a child is defiant and disobedient in a provocative way over a period of time. The causes of ODD are unknown, though some studies show that it tends to run in families.

Key characteristics

A pupil with oppositional defiant disorder may:

- argue constantly with and defy adults
- often appear angry and resentful
- deliberately annoy others
- have frequent, extreme tantrums
- be aggressive to other children
- blame others for things they have done themselves
- use unkind, spiteful language
- refuse to abide by any rules or sanctions
- be deliberately provocative and rude
- refuse to take responsibility for their behaviour.

Support strategies

You may need to:

- liaise regularly with parents and professionals involved with the pupil
- ensure a consistent approach to the pupil's behavioural difficulties by all members of staff by developing positive behaviour management strategies
- set up small, social skills groups for pupils who have difficulty in particular areas, such as anger management or relating to other children
- arrange for family support provision through either the Family Centre or the Child and Adolescent Mental Health Service (CAMHS)
- give the pupil opportunities to express their feelings through role play
- develop social interaction skills through games and paired problem-solving activities
- encourage the development of ICT skills to increase motivation
- provide opportunities for the pupil to discuss their anxieties
- set short, clearly defined targets.

Support agencies

- Priory Group: www.priorygroup.com/young-peoples-services/oppositional-defiant-disorder-odd
- Young Minds: www.youngminds.org.uk
- Very Well Mind: <https://www.verywellmind.com/before-you-look-for-information-on-odd-3106614>
- Early Intervention: <https://earlyintervention.org.uk/pages/oppositional-defiant-disorder-odd>

If you have any interesting information or resources which you would like to share with your colleagues via this fortnightly bulletin please e-mail them to me:

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Many thanks

Anne