



Behaviour

Oppositional Defiant Disorder (ODD) is a term given to describe when a student displays a certain pattern of behaviours that includes losing their temper frequently, defying adults, being easily annoyed and deliberately annoying others.

The key elements displayed by students with ODD include the following:

- Argues with adults
- Refuses and defies
- Is angry and defensive
- Is spiteful and vindictive

Students with ODD are often very challenging individuals – here are some key tips to help you:

1. Have clear expectations of academic and development targets and agreed rewards and consequences
2. Make sure they are clear that they are responsible for their actions no matter that “she started it,” “I’m tired,” etc.
3. Be consistent in your approach and handle disruptions with a response that includes no emotion and not too much talking. Consider non-aggressive body language and offer the student an escape hatch to calm down
4. Catch them doing it right. Praise to correction of behaviour in a 4:1 ratio
5. Sometimes look for a draw. Let very defiant students save face by providing them with two options where either one is OK with you
6. Know that your job is to set boundaries and that discipline means being prepared to make unpopular decisions
7. Use assertiveness as opposed to aggressiveness but eliminate sarcasm and other forms of put downs
8. Don’t ask “Why?” ask “What?”; “What should you be doing now?” and use either/or and when/then “Lewis either put the phone in your bag or on my desk”; “Sheena when you have put the chair back under the table then you can go”
9. If it’s not working in class get to know them better. ‘Everybody has a price’ and ‘everybody listens to someone.’ Find out what motivates them and who has influence with them
10. It’s not behaviour management, it’s mood management – their mood, your mood and the mood of others. Analyse your own mood and don’t take it personally