

This Issue:

Managing Students with Oppositional Behaviors

Some Facts About The Student With ODD

Oppositional Defiance Disorder is a behavioral disorder of people who are negativistic, hostile, defiant, contrary, and

“Chronically Uncooperative.”

Although Oppositional Defiance Disorder has been called many different things (Explosive Personality Disorder, Behavior Disorder, Adaptive Behavior Disorder and Anti-Social Disorder) one thing is certain, these students pose significant challenges to the classroom teacher.

Students who have been diagnosed with Oppositional Defiance Disorder display many of the following common behavioral patterns: aggressive behaviors, temper tantrums, failure to respect other's property, defiance, refusal to comply with directives and violent behaviors. All students can be oppositional and defiant at times, but for the child who has been diagnosed with this behavioral condition, it is important that teachers and school staff have some extra “tools” in their toolbox of strategies.

Kathryn Phillips newest book, *Successful Strategies for Working with Challenging Elementary Students*, is designed to assist the elementary teacher with children who have disruptive behavior disorders including those with Opposition Defiance Disorder. To purchase your copy, [just click here to visit our “Buy Books” page!](#)

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Also In This Issue:

- **Best Practices Practical Ideas**
- **Techniques for Monitoring Behavior**
- **Try the “You Betcha” Contract**

ODD: Practical Ideas

Here are some best practices practical ideas for working with students who are oppositional:

Since these students “get stuck” cognitively when they are pushed to comply, try these ideas:

1. Give options - when to do something and how to do it.
2. Distract them for a while to break the negative loop.
3. State your expectations clearly and briefly, one time.
4. Walk away.
5. Come back to the issue later.
6. Avoid power struggles – they will always win.
7. Redirect.

Because they automatically say “NO” to a directive:

1. Suggest that they hear you out before they say no.
2. Be brief and clear.
3. Say, “You probably wouldn’t want to do this but....”
4. Use reverse psychology or paradoxical requests.
5. Have them write out options.
6. Build rapport.

Because they misbehave:

1. Deal with misbehavior quickly, firmly and unemotionally.
2. Chose your battles.
3. Watch for signs of escalation.
4. Offer logical consequences as a choice.
5. Set the standard of “No arguing with adults”.
6. Do not give in.

Because there are chemical changes in the brain:

1. Be aware of nutritional issues.
2. Exercise can help – pushing, pulling or lifting heavy objects.
3. Drinking plenty of water.
4. Avoid sudden changes and surprises.

Behavior Monitoring

Behavior monitoring techniques work well for students with oppositional behaviors, such as this “Following Class Rules” rating card or the “Contract for Self-Monitoring” below:

Following Class Rules

Rate yourself as to how well you followed the rules.
1 is low, 5 is high • Circle the rating
If the teacher agrees with the rating, put a ☉
If the teacher disagrees with the rating put a ☒

RULES	MORNING	AFTERNOON	TOTAL
On time and prepared	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Keep hands, feet, and objects to self	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Use respectful language	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

Contract for Self-Monitoring

Student Name _____ Date _____

Behavior to be improved: _____

When I will know that I have improved: _____

Over what time: _____

What I get if I improve: _____

What I get if I don't improve: _____

Bonus Clause: _____

Student Signature

Adult Signature

You Betcha!

Try the “You Betcha” contract with this student. Every time he says *You Betcha* instead of *No* when asked to do something, he gets a point towards a goal and reward.

WANT TO LEARN MORE ABOUT DEALING WITH STUDENTS WITH OPPOSITIONAL DEFIANCE DISORDER?

Click here to order your copy of [Successful Strategies for Working with Challenging Elementary Students](#) by Kathryn Phillips M.A.