



brainbutter  
FACT SHEET



and remember  
this please ...

# ODD

## oppositional Defiance Disorder

Student: .....

Class: .....

STICK  
PROFILE PICTURE  
HERE

### About ODD (Oppositional Defiance Disorder)

- I have a psychiatric disorder which makes me want to break rules and be non compliant, mostly with adults.
- Lots of people think I am just being naughty. I am, but it is when these behaviours impact my daily functioning (negatively) that my naughtiness becomes a disorder.
- I know I'm programmed to disobey, talk back, rebel and so on in my adolescence but it's when these behaviours exceed the limit of 'normal' (as in longer and frequent) that I need help.
- I may bully others.
- I am easily annoyed, intimidated and frustrated.
- I can be overly sensitive, resentful and spiteful.
- I am frequently angry and hostile.
- When I'm upset I can say really mean things.
- I may have other disorders such as ADHD, learning difficulties, anxiety or mood disorders.

### What do I need?

- Empathy. It may be difficult to like me, but please remember that I would change if I could.
- I always need choices so I feel a sense of power.
- I need systems in place that recognise my compliant behaviours regularly.
- I need my parents and teachers to have systems in place that are consistently enforced and fair.
- Cognitive Behavioural Therapy or other psychological therapies are likely to help me.
- Although you may feel helpless by my behaviour, don't let things spiral out of control/go on and on as my behaviours could become more serious and turn into behavioural or personality disorders.