

YOUNGMINDS

Provides free 24/7 support

Text: YM to 85258

Provides lots of information and advice

DITCH THE LABEL

YOUR WORLD. PREJUDICE FREE.

Provides lots of information, advice and tips.

THE MIX

Provides free 24/7 support

Call for free

Live messenger

A series of self-help, learning and signposting avenues of support for students and families of The Fen Rivers Academy

People

Safe relationships,
Good people are you.

Purpose

A purpose in life,
A great education built for you.

Place

A good place to live,
A safe place to learn in.

Please get in touch if any of the following professionals could support with you with questions or concerns further: SENCo, Mental Health First Aider, Pastoral team, DSL

The Fen Rivers Academy
Kilhams Way
King's Lynn
Norfolk
PE30 2HU

01553 887330



The Fen Rivers Academy

Part of the Catch22
Multi Academies Trust

'Every interaction a conscious intervention'



Coping with ODD



All about ODD

Oppositional Defiant Disorder is a psychiatric disorder found in children. The condition is particularly common in young people with ADHD.

Oppositional Defiant Disorder is more common in boys than girls. It is commonly diagnosed in the early stages of primary school.

It is possible for a child to grow out of the behaviours displayed due to ODD.

There is currently no known cause or cure of oppositional defiant disorder.



Behaviours associated with oppositional defiant disorder can be mild, moderate or severe.

They include:

- angry and irritable moods a lot of the time
- disobedience
- regularly questioning rules
- blaming others for their mistakes
- refusing to do as authority figures and adults ask
- acting before thinking about their behaviour
- easily becoming aggravated

How can I manage my ODD?

Research has shown people with oppositional defiant disorder can be sensitive to stress which can lead to aggression.

Some things that can help to try to keep you calm:

- breathing exercises
- regular exercise
- meditation/mindfulness
- spending time in the outdoors
- doing things that you enjoy/getting a hobby



Try to learn to manage your behaviours

- look for signs that you are becoming angry or irritated (body tenses or fist clenches)
- try to learn to recognise your emotions /thoughts (this can allow you to pause before acting impulsively)
- learn to think about situations in a different way (look at different options)
- try out different social skills such as empathy (understanding how others feel) with friends.

What other support is there ?

If you are feeling worried or down you could talk to an adult who you trust such as a school member of staff. There is also lots of advice and support available to you.

kooth

On Kooth you can



Chat to our friendly counsellors



Read articles written by young people



Get support from the Kooth community



Write in a daily journal

They will chat to you online using a live chat facility or you can send them a message

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Your Organisation

Childline are here to talk to you
24/7

Chat online

Call free