

**INTERMITTENT EXPLOSIVE DISORDER**

Intermittent explosive disorder consists of repeated and sudden episodes of impulsive, aggressive, and violent behavior or verbal episodes of anger in which the reaction is extremely disproportionate to the situation.

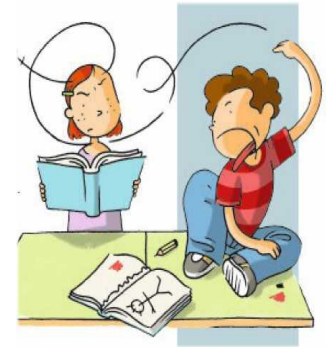
- Outbursts of anger
- Verbal abuse
- Physical assault
- Destruction of property

**DEFIANT AND OPPOSITIONAL DISORDERS**

The behavior of lack of cooperation and hostility becomes a serious matter, when it is so frequent and consistent that it stands out when compared to that of other children of the same age. Also, when it affects the social, family and academic life of the minor.

✓ **Worrying signs about defiance and opposition**

1. Loses his temper frequently
2. Argues excessively with adults
3. Defiance and refusal to follow rules or what adults ask of you
4. Deliberate attempts to annoy and annoy people
5. Blaming others for their own mistakes and bad behavior
6. Often becomes sensitive or easily angry with others
7. Frequent irritation and resentment
8. Malicious or seeking revenge



**CONDUCT DISORDER**

**Aggression towards people and animals:**

1. Harasses, intimidates, or threatens others
2. Often initiates physical fights
3. Has used a weapon that may cause serious physical harm to others (example: sticks, bricks, broken bottles, knives, or weapons)
4. Is physically cruel to people
5. Is physically cruel to animals
6. He has robbed his victims while confronting them (example: assault)
7. Has forced someone else to engage in sexual activity

**Destruction of Property:**

8. Deliberately sets fires with the intent to cause harm
9. Deliberately destroys the property of others

**Cheat or Steal**

10. Force entry into the building, house, or car of others
11. He lies to get things to him, to get favors or to avoid obligations
12. Steal items without confronting the victim (example: steals in stores, but without forcing your entry to rob)



**Rule Violations:**

13. Stays late at night, despite parental ban (before age 13)
14. Has left the house overnight at least twice or once without returning for a long period of time
15. Missing a lot of school (before age 13)

## TYPICAL VS NON-TYPICAL TEEN BEHAVIOR

- Increased Moodiness - Typical Behavior
  - Non-typical: intense and long-lasting moods; risky behaviors, severe depression, self-harm, or suicidal thoughts
- Increased Self-Awareness, Greater Focus on Body Image - Typical Behavior
  - Non-typical: perfectionism, purging or food restriction, obsession, or neglect with hygiene.
- The sleep cycle changes to later: typical behavior
  - Not typical: Often awake/ up almost all night; sleeps almost all day on weekends; being late for school due to lack of sleep
- Messy Room - Typical Behavior
  - Not typical: old and rotten food; adolescent unable to find basic necessities; dirty clothes chronically covering the floor
- Increased desire for privacy – Typical behavior
  - Nontypical: isolation from family, lack of communication
- Great interest in technology, social media – Typical behavior
  - Not typical: many hours a day dedicated to the Internet; high-risk websites; meeting strangers online; reveal too much (e.g. "sexting", too personal social media posts)
- Increased conflict between parents and adolescents – Typical behavior
  - Nontypical: Verbal or physical aggression, running away from home
- Concern about sex – Typical behavior
  - Nontypical: sexual promiscuity, multiple partners

## PARENTING TECHNIQUES

- Spending quality time with children
- Talking to children
- Show affection/affection
- Encourage positive behavior
- Set a good example
- Set clear rules
- Using age-appropriate consequences

## TREATMENT

*Treatment is not short. It takes time to establish new attitudes and patterns of behavior. However, treatment offers the opportunity to improve the present and have hope for success in the future. Treatment may include:*

- Evaluation by a mental health professional
- Parenting classes to help parents/caregivers learn to manage/control behaviors
- Individual psychotherapy where the child can develop more effective control over their anger.
- Family therapy to improve communication
- Behavioral therapy to develop solutions to problems and decrease negativity.

## PARENTAL SELF-CARE

*For parents, it is important to remain calm*

- When you feel overwhelmed, step away from the situation.
- Deep breathing
- Share your concerns without judgment
- Be prepared to adjust expectations
- Talk to a supportive friend
- Search your community: church, support group, PTA group
- Seek Therapy
- Exercise
- Eat well
- Maintain hobbies to prevent parenting from becoming something that consumes you all.

**24/7 community crisis interventions**

**Llame al: 1800-854- 7771 TDD/TTY: 562-651-2549**

***"SEEK HELP, YOU ARE NOT ALONE."***