

ODD Quick Reference Handout for School Staff

1. Immediate Crisis Response Strategies

- Stay calm – avoid emotional reactions.
- Use short, neutral directions.
- Offer structured choices (e.g., 'You can start now or in 5 minutes').
- Delay consequences until calm.
- Maintain respect even during conflict.

2. Preventive Classroom Practices

- Build positive teacher-student relationships (greet daily, use strengths).
- Create structure and predictability (visual schedules, clear routines).
- Anticipate triggers: track patterns, provide breaks, adapt tasks.
- Transform language: shift from confrontation to cooperation.
- Embed engaging, choice-based instruction.

3. Teaching Social & Emotional Skills

- Teach calming techniques (deep breathing, calm corner).
- Practice conflict resolution with role-play and 'I' statements.
- Use self-regulation routines (feelings check-ins, mindfulness, movement).
- Support peer cooperation through structured roles and group tasks.

4. Ready-to-Use Teacher Tools

Tool	Purpose
Quick-response scripts	De-escalate without power struggle
Trigger–Response table	Match triggers with proactive responses
Behavior contract	Shared expectations and accountability
Daily tracking sheet	Document patterns & progress
Reflection sheet	Guide students to process choices

5. Key Reminders

- Do not take defiance personally – it reflects the disorder, not you.
- Prevention is stronger than reaction.
- Teach SEL skills explicitly and consistently.
- Collaborate with parents and colleagues – unified language matters.
- Progress, not perfection: celebrate small improvements.