

Disruptive and conduct-related concerns

Understand One Difficult Behavior Episode

Parents and caregivers of children and teens | 10 to 15 minutes

Use this page only after immediate safety needs are addressed and everyone has space to settle. Choose one episode rather than a label such as defiant. Consider what happened before, during, and after it, including the child's experience and the adult response. Understanding context does not erase harm.

Describe observable actions and relevant context. Plan one adult adjustment and one question for qualified support if concerns persist.

Describe without labeling

Record what was said or done, who was affected, and what happened beforehand. Consider sleep, pain, learning, communication, bullying, sensory demands, and unclear expectations. Do not assume the child's motive from the behavior alone.

Plan support and accountability

After calm returns, invite the young person's account without interrogation. Choose a clearer expectation, access support, or repair that fits their ability and control. Repeated or serious concerns deserve professional evaluation rather than stronger punishment or a worksheet diagnosis.

1. What happened, and what immediate safety needs were addressed?**2. What conditions or unmet supports may have contributed?****3. What did the young person communicate, and what harm needs a proportionate repair?****4. What adult adjustment and professional support question will I follow up?****Clinical use and adaptation**

Assess significant aggression, abuse, developmental concerns, and other urgent needs through established procedures. Avoid humiliation, physical punishment, deprivation, or forced confessions. Consider comprehensive evaluation and evidence-informed family care. This page does not diagnose oppositional or conduct disorders or replace a safety plan.