

SAFE Kids **HEALTHY** Kids
HAPPY Kids

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Parent Help Line



When Teen's Bad Behavior Becomes Too Much

Parenting teenagers is challenging for all parents. Teens are often moody. At times, they are angry and rebellious. Peer pressure can lead to unwise choices. It is hard to know what actions are normal and which are “red flags” or calls for help.

Sometimes teen years are a time of crisis. Anger is out of control. Many abuse drugs, alcohol or both. Bad behaviors may lead to criminal behavior. Some teens struggle with self-destructive behaviors, even suicide attempts. These harmful behaviors may be symptoms of **disruptive disorders**.

Approximately **9% of all boys and 2% of all girls** under 18 are affected by one of these disorders. Mental health professionals generally separate these disorders into two categories.

Oppositional Defiance Disorder includes uncontrolled temper, resentment and resistance to

discipline. The behavior is bad. However, it does not violate the rights of others.

With **Conduct Disorder**, teens have many of the same bad behaviors. However, they also often **violate the rights of others or disobey laws**. They might steal, vandalize property, or hurt people or animals. These angry and aggressive behaviors make it hard for a teen to get along with others. *A teen who consistently misbehaves will find it difficult to succeed in school—in life after school.*

If you think your teen needs help, call his doctor. Your teen will need both a medical and a psychiatric or psychological evaluation. Work with the doctors. Let your teen know you love her. Tell her you will help her control these harmful behaviors. Take these steps to *prevent* your teen from the harm that comes from disruptive behavior.



For more information log onto
www.psychinstitute.com

Call the Parent Help Line. We listen. We can find you help.
544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m., 7 days a week.