



Understanding conduct disorder in kids and teens

What is conduct disorder?

Conduct disorder is when a child has serious behavior problems over time.

They may have trouble following rules and being kind to others.

Signs to look for:

- Bullies or threatens others
- Starts fights or hurts people or animals
- Destroys property on purpose
- Lies or steals
- Breaks serious rules (runs away or skips school)
- Does not feel sorry after hurting others

Why does it happen?

Conduct disorder can be caused by many things:

- Stress or trauma
- Problems at home or school
- Brain or learning problems
- Family history

Other problems that may happen:

Many children may also have:

- Attention-Deficit Hyperactivity Disorder (ADHD)
- Anxiety
- Depression
- Learning problems

Why treatment matters:

Without help, these behaviors may continue into adulthood. This can make it hard to keep friends or a job.

How doctors help:

A mental health professional will do a full check-up. They may talk to parents, teachers, and the child.

Treatment options:

Therapy:

- Behavior therapy helps kids control anger and actions
- Talking therapy helps children learn better choices

Family and school help:

- Parents learn ways to help at home
- Schools may provide support

Special programs:

- Programs can help the whole family work together

Medicine:

- Sometimes medicine helps with attention, mood, or behavior

Good news: Treatment takes time, but early help can greatly improve a child's future. Kids can learn better behavior and build healthy relationships.