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Help Kids With Bad Behavior

By: Nolan Losh-McNay

Children with behavioral problems need help in different ways. Kids who have problems need support from their family. Many young people get support by talking to a therapist every week. Other kids benefit from taking medication to help with their problems. Kids act out when they are not getting the help they need.

An example of children acting out happened at our school. Over Valentine's Day weekend a couple of kids showed up at Cutten Elementary and destroyed school property. They jumped on the tables and smashed the chairs that students eat lunch at. The damage was discovered when school started on Monday. The kids who broke the chairs and tables were caught and had to face the consequences. Children with behavior problems are not all bad, they just need support and help from adults.

Kids act out and do bad things when they are not getting the support they need from their parents. Bad behavior can get a kid in trouble. Some kids have medical problems that can affect their behavior. When a kid is being bad they can talk to their doctor about therapy and medication. ADHD is a medical problem that can cause kids to have bad behavior.

During homeschooling when Covid was happening, I was acting out and having problems. I felt really frustrated and couldn't pay attention to online school. Having to do the work at home and not being able to see my friends and play on the playground made me mad. When I was mad I would throw things and destroy things. My behavior was similar to the kids who ruined the tables and chairs at school.

My behavior at home got me into a lot of trouble. My Mom took me to the doctor to talk about the difficulties I was having doing online school. My pediatrician sent me to a special doctor who helps kids with their behavior. Doctor Chen helped us figure out that I have ADHD. ADHD makes it difficult to concentrate and also makes me get really mad at stuff and I act out in ways that could be hurtful to others or my things.

My parents helped support me by reading about ADHD and learning ways they could help me when I get mad and frustrated. Doctor Chen gave me two medications to take. I take a medicine called Metadate in the morning to help me concentrate at school. I take a medicine at night called Clonidine that helps me wind down so I can sleep better. The third thing I do to help with my behavior is go to therapy. My therapist's name is Debbie and I talk to her every Wednesday night. All

of these things help me control my behavior so that I can be good at school and at home.

Not all kids are bad. ADHD can cause kids to act out when they don't have the support they need. If a kid can get support from their parents, take medication and talk to a therapist they can learn the skills to have better behavior. I hope the kids who destroyed school property get the help they need from their parents.

