

Poor judgement/decision making

Concern

Poor judgement and decision making characterized by pranks, threats, recklessness, weapons or drug possession, and risk-taking behavior.

Description

These students seem to be a study in bad decision-making. They often act precipitously, without a sense of predictable consequences. At school they may make foolish threats, not because they are filled with rage, but because “it seemed to make sense at the time.” They may engage in vandalism or dangerous pranks on a dare, or because they’re bored. The main issues for these students is not anger, even when they’re aggressive, it’s impulsivity.

Sometimes environmental factors foster recklessness. Students with parents who are physically abusive, have substance abuse problems, or are in precarious financial positions, may actually become addicted to the adrenaline connected to being in jeopardy, and do reckless things to get it.

The suggested interventions for this group focuses on two basic skills: impulse control and decision making. As with almost every group of students with problems at school, a good first step is to identify learning style factors that might adversely affect behavior.

Goals of intervention - students will:

- Understand the role of family patterns in learning (and unlearning) reckless behavior
- Become proficient in a systematic process for decision-making
- Understand their learning style and how that may contribute to impulsive behavior
- Develop the core skills of stopping reactions and predicting consequences
- Develop the ability to control specific impulses related to their infraction

A suggested scope and sequence - Teens

Learning

Learning styles
ADHD
Bored
Brain

Impulsivity

Controlling impulses
Stopping reactions
Predicting consequences
Understanding motives

Specific offending behavior

Cheating
Graffiti
Fighting

Responsibility

Punishment
Making apologies
Frustration
Impulsive
Mindfulness
Self-talk

Decision making

Making decisions
Problem solving
Problem naming
Brainstorming
Evaluating alternatives
Solutions - trying
Specific poor decisions:
Weapons

Smoking
Drinking
Drugs
Recklessness
Making complaints

Personal

Addicted parent
Child abuse
Background - family
Goals
Strengths
Weaknesses
Self acceptance

A suggested scope and sequence - Kids

Learning

Learning styles
ADHD

Impulsivity

Impulse control
Reactions - controlling
Predicting consequences
Motives - understanding

Specific offending behavior:

Cheating,
Hitting
Gossiping
Fighting

Responsibility

Apologies
Frustrated
Self-talk
Self-awareness

Decision making

Decisions
Problem naming
Brainstorming options
Options - weighing them
Solutions - testing
Specific poor decisions:
Smoking
Skipping school
Breaking rules

Making complaints

Point of view

Personal

Parents' substance use
Child abuse
Background - family
Goals
Strengths
Weaknesses
Liking yourself