What is conduct disorder (CD)?

CD is a behavior disorder that is where an individual has behaviors which violate the rights of others, does not follow social rules and may include law-breaking activities.

CD is more common in males than females, and in youth who grow up in urban rather the rural areas.

**What does it mean to have CD?**

CD symptoms fall into four general categories. They vary depending on age of onset and whether they are mild, moderate, or severe.

Aggressive behavior

* Threats
* Physical fights
* Use of weapons
* Bullying
* Being cruel to others or animals
* Forcing others into sexual activity, rape, or molestation

Destructive behavior

* Intentional destruction of property–e.g. arson (deliberate fire-setting) or vandalism

Deceitful behavior

* Repeated lying
* Persuade others to do or believe something
* Stealing (e.g. shoplifting)
* Breaking into homes or car in order to steal

Reference: American Academy of Child & Adolescent Psychiatry (AACAP), Retrieved on June 25, 2019. <https://www.aacap.org/aacap/families_and_youth/facts_for_families/fff-guide/conduct-disorder-033.aspx>

Violation of society/school rules or engage in behavior not age appropriate

* + Running away
  + Skipping school
  + Pranks
  + Very early sexual activity

People with CD can be irritable, struggle with self-esteem and have temper tantrums. Sometimes they have difficulty understanding the feeling of others and may not feel bad if they hurt someone.

**Are there other problems from CD?**

Yes. CD can have serious consequences: injuries to self or others, getting suspended/ expelled or dropping/failing school, legal problems, or catching a sexually transmitted disease. Individual may abuse tobacco and/or alcohol and drugs. Individuals with CD may have other mental health or substance use disorders.

**How can I help myself if I have CD?**

* Seek caring, supportive, and structured environments
* Find and encourage your talents
* Forgive yourself for your mistakes and see them as learning opportunities
* Limit the use of digital technologies and connect in positive ways
* Know your stressors and learn stress-relief activities
* Find healthy friend groups
* Enjoy positive relationships; eliminate negative relationships
* Keep good sleep practices
* Engage in physical activity
* Participate in problem-solving, healthy relationship and anger management groups
* Commit to end high risk behaviors (e.g. disruptive/ violent behavior, drug/alcohol use)
* Seek and stick to treatment
* Stay on your medication, if prescribed
* Alert the health and wellness staff if your medication makes you feel strange or bad
* Avoid skipping medicine dosages or abruptly stopping medication
* Develop heathy eating habits
* Ask for reasonable accommodations (e.g., take a time-out or break if you feel you are about to lose your temper)
* Request center mental health services when dealing with adjustment problems, trouble sleeping, anxiety or depression

**I know someone who has CD. What can I do?**

* If they are thinking about hurting them self or someone else get help immediately
* Do not leave the person alone
* Let the nearest Job Corps staff member know NOW!
* If not able to find a staff member, call 911 or go to the nearest emergency room
* Access the Job Corps Safety Hotline (844-JC1-SAFE) via text, email, phone, mobile app or web site
* Call the National Suicide Prevention Lifeline  
  (800) 273-TALK (8255)  
  TTY: (800) 799-4TTY (4889)