A PAUSE, A PRACTICE, A NEXT STEP

Conduct Disorder

Get support for a young person and the people around them.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

What happened?

Describe one event using actions you saw. Include who was affected and what support was needed.

01 / Notice and reflect

What happened?

02 / Notice and reflect

Who can help make a safety plan?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Arrange a child mental health assessment for repeated aggression or serious rule violations. Get emergency help if someone is in immediate danger.

Read more: MedlinePlus · Conduct disorder

More tools and immediate support: Our Healing Room / Crisis Support.