



Severe out-of-control behavior that can hurt yourself or others

It is important because it could mean that you have conduct disorder or another serious but treatable condition.

Kids with conduct disorder may be aggressive and have angry feelings that are hard to stop. It just gets out of control, and they feel badly afterwards! Kids with conduct disorder may have this problem in different places, such as home, school, or with friends. Conduct disorder is more common among boys than girls, but both boys and girls can have it. The good news is that it's treatable! Getting treatment for conduct problems gives you a good chance to get better and have a bright future!

Your doctor can tell you that kids who have conduct problems are not 1 in 1000—they are 1 in 10! Your feelings are an important part of your health. By talking further with your doctor or family, you will already be on the road to feeling better.

Warning Signs

- Severe out-of-control behavior that can hurt yourself or others.
- Aggressive and have angry feelings.
- Conduct disorder may occur in different places: home, school, or with friends.
- Conduct disorder is common among boys than girls.

To learn more, talk to an adult. You can talk to a family member, or a doctor. At school, you can talk to a nurse or a counselor. You can even talk with a religious leader like a minister, rabbi, priest, or a cleric. You may also contact one of these groups:

**Iowa Federation of Families
for
Children's Mental Health**

106 South Booth

Anamosa, Iowa 52205

319-462-2187

888-400-6302 Toll Free

help@iffcmh.org

www.iffcmh.org

**Now that you know it,
it's time to take action!**



This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. It is being provided with the understanding that the authors are not engaged in rendering medical or other professional services. If medical advice or other expert assistance is required, the services of a competent professional should be sought.

This material may be copied or reprinted for educational or informational purposes only. No changes or alterations can be made to the material without the express permission of the authors.