

Glossary

This part of the book explains the words that were shown in **black, bold** type in each chapter.

ADHD (attention deficit hyperactivity disorder): This label is given to kids who have lots of trouble sitting still and paying attention. Doctors sometimes prescribe medicine for kids with ADHD. The medicine helps these kids slow down and concentrate better.

anger management: Being able to control angry feelings is important. Counselors and teachers sometimes meet with groups of students who need to learn and practice ways to handle anger better. Counselors or psychologists might also work with individual students on these ways to stay in control. There are many books with lessons and activities that adults can use to teach kids how to manage their anger better. Page 177 tells where adults can find a list of some of these books.

assertive: People who are assertive speak up, in a strong but polite way. You are assertive if you say what's important to you *and* treat the other person with respect.

authority figure: This is an adult who is in charge of keeping kids safe and helping them make good choices. Teachers, principals, counselors, parents, guardians, and police officers are examples of authority figures.

BD (behavior disorder or behavior disordered): This is one of the labels given to kids whose behavior keeps teachers from teaching and keeps other kids and themselves from learning. Kids who need to learn to follow school rules or the directions of teachers might have this label. Different schools use different labels to identify kids who need a lot of help to make good behavior choices. Depending on the school, there may be different labels for BD. Some common ones are ED, EBD, or something different that really means the same thing.

behavior challenges: Kids who have behavior challenges are making some mistakes in their behavior choices. Adults and other kids are getting worried about the behavior of these kids because they're getting in trouble more and more. These kids have the chance to make important changes before the school gives them the label of BD (see the previous term).

behavior modification (behavior mod): This is a scientific way of changing the behavior of people. When teachers or parents reward you for good behavior, they're using behavior mod. They're helping you change (modify) your behavior.

BIP (behavior intervention plan): This is a part of the IEP (individualized education program) that tells teachers the positive things they should do to help students with BD make better choices.

challenge: A challenge is something hard to do but worth working hard to achieve or overcome. When you are challenged, it means that you have to work hard to accomplish something.

conflict resolution: When kids are angry with each other, it's important for them to figure out how to solve their problem without getting violent. Counselors and teachers sometimes meet with groups of students who need to learn and practice ways to solve problems together. There are books with lessons and activities that adults can use to teach kids how to resolve conflicts in helpful ways. Page 177 tells where adults can find a list of some of these books.

consultant teacher: This is a teacher who is trained to help kids with BD. Consultant teachers travel from school to school. They work with kids and also help teachers learn better ways to work with students who have BD.

counseling: This is a kind of help from a specially trained adult called a *counselor*. Counselors are trained to help kids understand their problems and challenges better. They also help kids figure out what to do about those problems.

criticize: To criticize means to tell someone that she or he isn't doing something right. When a person judges what another person does in this way, it's called *criticism*.

depression: Depression means feeling really sad most of the time. A person who is *depressed* feels sad, down, or bummed out most or all of the time. (Being sad sometimes or even for a few days is usually not the same as being depressed.)

EBD (emotional or behavioral disorder): This is one of the labels given to kids whose behavior keeps teachers from teaching and keeps other kids and themselves from learning. Kids who need to learn to follow school rules or the directions of teachers might have this label. Different schools use different labels. So some kids with similar problems might be labeled BD, ED, or something else.

ED (emotional disturbance): This is one of the labels given to kids whose behavior keeps teachers from teaching and keeps other kids and themselves from learning. Kids who need to learn to follow school rules or the directions of teachers might have this label. Different schools use different labels. So some kids with similar problems might be labeled BD, EBD, or something else.

FBA (functional behavior assessment): This is a way that adults figure out why a student sometimes makes wrong choices and misbehaves. The FBA helps adults at school decide what ways to help a student improve his or her ways of behaving. The FBA also helps the IEP team make a BIP (behavior intervention plan).

frustrated: When you're frustrated, you feel upset. You might get frustrated when people or things get in the way of something you want to do. *Frustration* happens when someone or something keeps you from reaching a goal that you want to achieve. Some people feel like they're going to burst. Good choices have to be made to keep frustration from turning into anger.

IDEA (Individuals with Disabilities Education Act): IDEA is the “special ed law” in the United States. It says that schools must do the right things for students with disabilities. With this law, the word “disabilities” includes kids with behavior disorders. IDEA says that schools must give these students the help they need to make better choices in school. Many other countries have laws similar to IDEA.

IEP (individualized education program): All students who have disabilities have their own IEPs in their school records. Kids labeled with a behavior disorder are included in this group. The IEP is a plan that tells how a student is doing in school, what she or he will learn during the school year, and how teachers will help the student reach goals. For kids with BD, the IEP also has a part called the BIP (behavior intervention plan). The BIP tells which behaviors they need to work on. The BIP also tells teachers positive ways to teach the new behaviors.

IEP team: This is a group of adults that decides if a student needs special education to learn and behave better in school. They also think of the ways to help students learn and behave better.

inclusion: Inclusion means having students with all kinds of special education needs in the regular classroom. Different kids are included for different amounts of time and different subjects. As students improve in making good choices, they are included in the regular classroom for more of the school day.

LD (learning difference, learning disability): This is a label given to kids who don’t always learn as easily or in the same way as most of the other students. Kids with LD may need special help with some kinds of learning.

mentor: A mentor is a wise person who knows how to make good choices. It’s a person who teaches others how to make good choices, too.

negative: This means not-so-nice or bad. “No” is a negative word. Wrong behavior is negative behavior. The opposite of negative is *positive*, which means good or nice.

paraprofessional: This is a person who is trained to help teachers do their jobs. Different paraprofessionals have different jobs and duties. Sometimes they work with kids who have BD in the regular or special classroom.

PBIS (positive behavioral interventions and supports): For kids with BD, there is a part of the individualized education program (IEP) called the behavior intervention plan (BIP). The BIP lists the positive ways that teachers are supposed to use to help BD students make better choices and behave better. These ways are called PBIS.

peer mediation: Some schools train kids to help other kids end their battles. This formal system in which kids help other kids solve problems is called peer mediation. *Peers* are people from the same age group or place. At school, you and the other students are peers. A peer mediator is a student who is trained to help both sides listen to each other and find a way to end the argument.

persistent: Being persistent means continuing to work at something that is hard to do. When you keep trying your best and working hard, you *persist*.

positive: This means nice or good. “Yes” is a positive word. Good behavior is positive behavior. The opposite of positive is *negative*, which means not-so-nice or bad.

potential: Potential means the possibility for doing well. Your potential is what you can be and what you can do if you work hard to make good decisions.

psychologist: A psychologist is trained to study the mind and how it works. Psychologists know how to find out what’s bothering kids. They ask questions about feelings and what is happening. They have kids do things that will help discover what the problem is. Then the psychologists (and others) help kids solve the problems.

revenge: Revenge means doing something mean to someone because you think that person did something mean to you. Some kids want revenge when they get mad at someone. They try to hurt the other person or make him or her feel bad, too. Revenge makes things worse between people, not better.

schizophrenia: This is a disease that causes mixed-up chemicals in the brain. Kids with schizophrenia sometimes seem confused or show unusual behaviors. Medications help them see and understand the world better.

self-contained classroom: This is a classroom where kids in special education go to school for all (or most) of the day. Sometimes a self-contained class is called a “special class.” Students with BD might be in a self-contained classroom all, most, or some of the time. Often they go to a regular education classroom for one or two subjects. If they do well in those classes, they will get a chance to go into a regular classroom more of the time.

self-esteem: Self-esteem is how you feel about yourself. People who like themselves have *high self-esteem*. People who don’t feel good about themselves have *low self-esteem*. Teachers and counselors have ways to help kids improve their self-esteem.

self-talk: The things you think and say silently to yourself are self-talk. When people think to themselves about ways to stay calm, keep out of trouble, and make good decisions, they are using *positive self-talk*. They are telling themselves smart ways to handle a difficult situation.

shaping: With shaping, you build a good behavior in steps. You set small goals to get you to a big behavior goal. Each time you meet a small goal, you set another small goal. Each small goal gets you closer to the bigger behavior goal. The small goals lead you to reaching the big goal that you want to accomplish.

shaping plan: This is a kind of plan you write down. You write your big goal and how you’re doing with that goal now. Then, in between now and reaching your big goal, you write the small goals in the order that you will work on them to meet your larger goal.

social skills: These are skills people need to get along with other people. Someone with good social skills gets along well with others. Kids with poor social skills have trouble making friends. They also have problems doing the right thing when they are talking or working with others. Some schools hold special classes or groups where students learn social skills. There are books with lessons and activities that adults can use to teach these skills. Page 177 tells where adults can find a list of some of these books.

special classroom: This is a classroom where kids in special education go to school for all (or most) of the day. Sometimes a special class is called a “self-contained class.” Students with BD might be in a self-contained classroom all, most, or some of the time. Often they go to a regular education classroom for one or two subjects. If they do well in those classes, they will get a chance to go into a regular classroom more of the time.

special education (special ed): This is the term for the special services, supports, and other kinds of help that schools give to students with special needs. These students may have behavior challenges, learning differences, or physical disabilities.

special needs: These are needs that can be met best in special education. Kids with BD have special needs. They need to learn to choose better behavior and actions so they can learn and get along in school.

stress: Stress is the pressure or tension you feel sometimes in your mind or body. When you feel tense or upset, you are under stress.

support group: This is a group that meets with a counselor or another specially trained adult to talk about a problem or challenge. Some kids with BD meet in a support group with a counselor. They talk about their behavior problems and how they’re doing when it comes to making better choices.

survive: This means to keep going and become stronger when things are difficult. *Survival* skills (like the ones you learn in this book) can help you keep going and succeed. They can help you get along with teachers, other kids, and adults at home even though you have behavior challenges.