

Social, Emotional and Mental Health (SEMH)

Some of the aspects of difficulty included in this area are:

1. Attention Deficit hyperactivity disorder (ADHD)
2. Adjustment Disorders
3. Anxiety Disorders
4. Obsessive Compulsive Disorders (OCD)
5. Oppositional Defiant Disorder (ODD)

Children with social, emotional and/or mental health difficulties include those who may be withdrawn or isolated, hyperactive and lack concentration; those with immature social skills and those presenting other difficulties arising other complex needs.

Some children may have emotional needs and/or social problems that interfere with their own ability to learn effectively. In some instances, the difficulties they experience may cause disruption to the learning of other children or young people.

Social difficulties, in this context, occur when students have difficulties managing interactions with others in school effectively and appropriately. They may have difficulty making the necessary adjustments to conform to the expectations of others in a variety of settings. Either difficulty may impact substantially on the child's ability to learn.

Attention deficit hyperactivity disorder (ADHD)

Attention Deficit Hyperactivity Disorder is a complex condition can seriously affect a child's concentration, behaviour and learning. A child with ADHD will often feel easily bored, may be distracted by unimportant sounds and sights, be impulsive and find it hard to sit still. This impacts on their learning as they can find it very hard to concentrate for the periods of time needed to complete tasks. Consequently, the work that they produce may not necessarily reflect their true ability. A child may also present without the hyperactivity component, appearing to be bored, inattentive or disinterested in classroom activities. This impacts on their learning as they can be prone to daydreaming, forgetfulness and work at a much slower pace resulting in incomplete work. Children can also have a combination of both.

Further information can be found at: www.addiss.co.uk

Adjustment Disorders

A child suffering from an Adjustment Disorder will have a significant difficulty coping with a particular source of stress they may have witnessed or an excessive reaction to adjustments or changes in their normal lifestyle. This could then have an adverse reaction on their emotional health and/or behaviour.

Anxiety Disorders

A child suffering from an anxiety disorder may be prone to frequent panic attacks. Here the child may complain of physical symptoms such as headaches or stomach aches. The child may also display inappropriate emotional responses, such as outbursts of laughter or crying out of context.

For more information contact: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/anxiety-disorders/>

Obsessive-Compulsive Disorder (OCD)

Obsessive-Compulsive Disorder comes under anxiety disorders. Here the child can display recurrent and persistent obsessions (thoughts, images, anxieties) and have compulsions or repetitive actions to relieve these anxieties. Behaviours may include repetitive hand washing, praying, counting, and repeating words silently.

For more information contact: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/obsessive-compulsive-disorder-ocd/ocd-causes/>

Oppositional Defiant Disorder (ODD)

Oppositional defiant disorder (ODD) is a disruptive behaviour disorder characterized by patterns of unruly and argumentative behaviour and hostile attitudes towards authority figures. A child may demonstrate signs of anger, resentment and aggression towards adult and peers. In class a child may be uncooperative or refuse to follow rules blaming others for their mistakes, intentionally disrupting their own learning and that of their peers.

For more information contact: <https://www.verywellmind.com/before-you-look-for-information-on-odd-3106614>

Click [**here**](#) for further support for any of the SEMH difficulties discussed above.