PDA and ODD

An Easy Read guide

This is an Easy Read document. It uses simple words and pictures.

What is PDA?

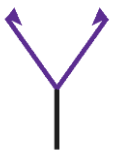
PDA means it feels very hard to do what you are asked.
This is because of worry, not naughtiness.

What is ODD?

ODD means someone often argues or says no.
This is a different kind of difficulty.

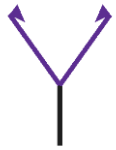
The difference

PDA comes from feeling worried and out of control.



ODD is not usually about worry.

How to help with PDA

	Give choices instead of orders.
	Stay calm and flexible.