

ADHD / Attention-Deficit Hyperactivity Disorder

● is real.

ADHD is caused by differences in the brain. Just “trying harder” doesn’t make it easier to focus.

● is common.

Millions of kids and adults have ADHD. Women and girls have it as often as men and boys. Some are hyperactive. Some are daydreamy. All struggle with skills called executive functions.

● can be a strength.

People with ADHD are often outside-the-box thinkers. Many are entrepreneurs. With the right structure and support, they can get things done and thrive in school and in life.

▲ **ADHD isn’t caused by laziness or lack of discipline.**

Trouble areas

- ▶ Paying attention
- ▶ Self-control
- ▶ Sitting still
- ▶ Following directions
- ▶ Managing emotions
- ▶ Getting and staying organized
- ▶ Remembering information long enough to use it
- ▶ Shifting focus

Ways to help

1. Fidgets and movement breaks to help with things like staying seated and finishing tasks
2. Strategies for coping with anxiety, which is common in people with ADHD
3. Treatments like ADHD medication or behavior therapy

