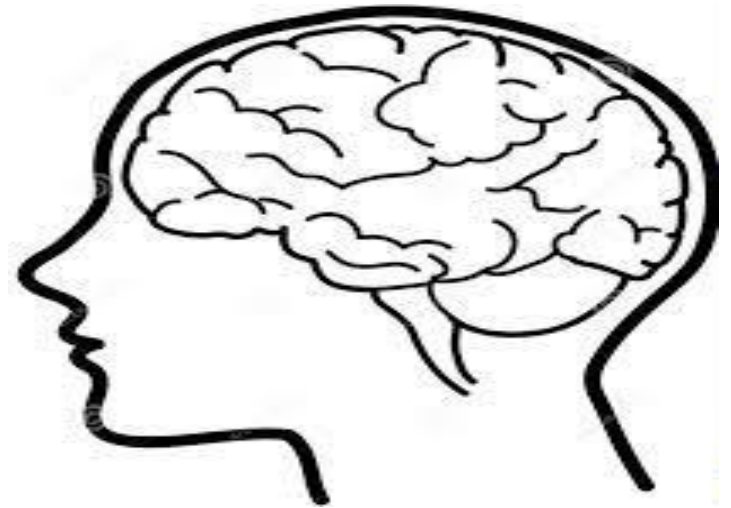


ADHD

Everyone has a brain and everyone's brain works differently.

ADHD is just a way to describe someone whose brain works in a particular way. It shows itself in different ways in different people.



How do I know if I  
have got it?

Difficulty with attention

I might make careless  
mistakes in school work

I might have great difficulty  
concentrating on the tasks

I might be easily distracted.

I might be forgetful and  
lose things.



How do I know if I  
have got it?

More active than others

I might be on the go all the  
time and struggle to relax

I might be restless and can't  
sit still

I might be fidgety and want to  
fiddle with things around me

I might walk about in the  
classroom when I am  
supposed to sitting down.



How do I know if I  
have got it?

Doing things without thinking:

I might talk a lot

I might have great difficulty  
waiting for my turn

I might interrupt  
conversations

I might blurt out answers  
before the question is  
completed.



So what do I do?

A doctor might have told you  
or your family that you have  
ADHD.

It is nothing to worry about!

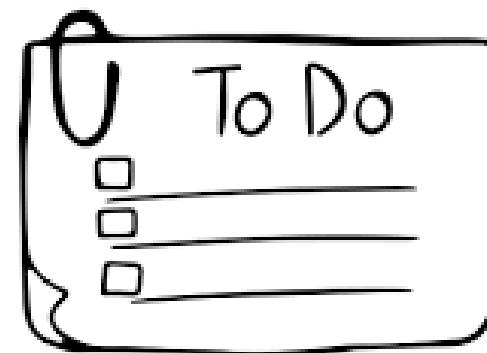
Your family and school will  
help you find ways to manage  
some of the things that you  
might struggle with.



How might people help me?

For example, if you get easily distracted, staff will remind you what you are supposed to be doing.

If you find remembering things difficult, staff will help you make list with words or pictures to help remind you what you need to do.



Remember...

Everyone is different, whether they have ADHD or not. Everyone has things they struggle with.

The best way to get help is to tell a trusted person if you are finding something difficult.

School staff are very used to helping people who struggle with different things. They want to help!

