

ADHD

ATTENTION-DEFICIT/ HYPERACTIVITY DISORDER

ADHD is a **brain-based** condition that affects attention, self-control, and activity levels.

It is **NOT** a problem with intelligence or effort.

★ People with ADHD can be creative, energetic, funny, and amazing problem-solvers! ADHD is just one part of who they are. ♥

WHAT IS HAPPENING?

ADHD affects parts of the brain that help with focus, control impulses, and stay organized.

Prefrontal Cortex

Helps with planning, focus, self-control, and making good choices. (Often develops more slowly in ADHD)



Dopamine

A brain chemical that helps with motivation and attention. (Often lower levels in ADHD)

These differences are **WHY** ADHD happens. They are not someone's fault, and it is not something they can just "snap" out of.

WHAT CAUSES ADHD?



Genetics
ADHD often runs in families.



Brain Differences
Differences in brain structure and chemicals like dopamine.



Environment
Things like stress, sleep, or prenatal exposure can play a role.



ADHD is caused by a combination of factors. It is **NOT** caused by bad parenting, too much screen time, or lack of discipline.

STRENGTHS OF PEOPLE WITH ADHD



Creative



Energetic

Think outside the box



With the right support, people with ADHD can thrive!

Great problem solvers



Passionate



Resilient

HOW IT CAN AFFECT DAILY LIFE

INATTENTION

- Trouble focusing
- Easily distracted
- Forgetting things
- Hard time finishing tasks



Mind jumping from one thing to another

HYPERACTIVITY

- Feeling restless
- Fidgeting
- Talking a lot
- Moving when it's not the right time



IMPULSIVITY

- Acting without thinking
- Interrupting
- Trouble waiting turn
- Making quick decisions



HELP & SUPPORT

ADHD is treatable. Support can help improve focus, confidence, and success.



EDUCATION

Learning about ADHD helps people understand themselves.



STRATEGIES

Tools like planners, timers, breaks, and checklists can help.



SUPPORT

Encouragement from family, friends, and teachers matters.



TREATMENT

Therapy, skills training, and/or medication may be helpful for some people.

Everyone's ADHD looks different. Kindness, patience, and understanding make a BIG difference. ♥