

I have ADHD

What does that mean?



If you have ADHD, you probably try to work hard in school, but may find it a challenge to sit still and to concentrate at times. You probably like to join in class discussions, and have lots of good ideas you want to contribute, but might tend to call out or to interrupt. You may also be distracted really easily, find it hard to organise yourself, and make careless mistakes when you are working. ADHD stands for Attention Deficit Hyperactivity Disorder. People with ADHD tend to be impulsive (do things without thinking), and will sometimes break rules. However, people with ADHD are often good fun to be with, have lots of energy, are enthusiastic and funny!



You will not be the only person in your school or perhaps even in your class to have this challenge, and there are lots of famous people who have ADHD: Robin Williams, Jim Carey, Tom Cruise, Ozzy Osbourne,

and many, many more. They all found school hard, but got good jobs and some of them earned lots of money too! This is because they think in different ways and have good ideas that other people don't always think of.

We think that for people with ADHD, the chemical messengers in their body work a bit differently. These are the chemicals that send messages round our body to say things like "run", "sit still." If you have ADHD your chemical messengers might not give the right instructions at the right time.

You might have an assessment to say if you have ADHD, and your parents will probably have organised this and taken you. We can then together decide if there are extra things that we can put in place in school and at home to help you with your ADHD.

This might include helping you to concentrate by sitting away from distractions; saying your name before giving instructions; keeping instructions short; giving you opportunities to "let off steam"; allowing you to fiddle with something. Some children will also take special tablets to help to balance the chemicals.

This is what some pupils at Rivelin said about ADHD:

"I quite like being hyper and crazy at times. You feel like you could bounce off the walls or fly."

"Playing games where you really have to focus on a computer, can help me to calm down – or reading a really good book, although some kids with ADHD find reading hard."

"It can make me do things I know I shouldn't."

"It can make you rougher than you mean to be, and sometimes people don't want to play with you because of that. But I don't mean to be rough, and my good friends know this."

We hope that this information sheet has helped you to understand more about ADHD.

