

# LEARNING SUPPORT AT TAWHAI

TERM 4, WEEK 3, 2023

## ADHD AWARENESS MONTH

October is ADHD Awareness Month and the theme for 2023 is

### Breaking the Stigma

Thank you to the amazing AuDHD author Chanelle Moriah for agreeing to share this page from her book.

If you would like to know more about ADHD I am very happy to chat.. Pop in to my office or email me on [lsc@tawhai.school.nz](mailto:lsc@tawhai.school.nz)

### Myths

'Only children have ADHD' — Neurodivergent children turn into neurodivergent adults, but behaviours change and people find tools to manage daily life.

'Everyone is a little ADHD' — ADHD is a neurodevelopmental condition. You either have it or you don't. However, traits associated with ADHD are still human traits. Just because it's an ADHD behaviour does not mean that no one else experiences it. The difference comes with the combination, severity and frequency of certain traits and behaviours.

'It's not ADHD, they are just lazy'

'ADHD is caused by bad parenting'

'ADHD is a male diagnosis' — Females often go undiagnosed or misdiagnosed because ADHD looks different in females than it does in males.

'ADHDers just need more discipline'

'You have to be hyperactive to have ADHD' — ADHD has multiple presentations; hyperactivity is just one.

'ADHDers just need to try harder'

'You can't have ADHD if you do well at school' — Just because it's significantly harder to focus or to manage executive functioning (among other things), this does not automatically mean we are incapable of achieving things.

'ADHD is just an excuse for bad behaviour'

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