

# What is ADHD?



The acronym “ADHD” stands for **attention-deficit hyperactivity disorder**. People with ADHD typically have a hard time paying attention and may act without thinking about the consequences. Of course, *everyone* has these problems occasionally. But for those with ADHD, the problems happen more often, and are more intense.

## ☰ Signs of ADHD

ADHD has two major parts: **inattention** and **hyperactivity**. Most people have some signs of each, but everyone’s experience is unique.

Signs of Inattention	Signs of Hyperactivity
✔ struggle to pay attention <i>mind wanders, easily distracted</i>	✔ difficulty sitting still <i>get in and out of seat during class</i>
✔ difficulty following through on tasks <i>start a project but leave it unfinished</i>	✔ constantly fidget <i>squirm in seat, tap fingers on desk</i>
✔ often forget responsibilities <i>forget to do chores or turn in homework</i>	✔ often feel restless <i>feel on edge when sitting or waiting</i>
✔ make careless mistakes <i>miss last page of test or leave faucet on</i>	✔ difficulty waiting turn <i>blurt out answers, interrupt others</i>
✔ very disorganized / often lose things <i>lose homework in messy backpack</i>	✔ overly talkative <i>struggle to be quiet and listen to others</i>

## 📘 Facts

- Almost 1 in 10 kids and teens have ADHD.
- ADHD does not determine a person’s future. Many people with ADHD are hard-working, intelligent, and highly successful.
- Many people with ADHD find that their symptoms decrease with age.
- Treatment and practice can help people learn to manage the symptoms of ADHD.

## 💓 Treatment

### Therapy

In therapy for ADHD, people learn practical skills to manage symptoms, improve social skills, reduce unwanted behaviors, and learn to manage emotions.

### Medication

In some cases, medication is prescribed to help manage the symptoms of ADHD. Medication can help improve focus and reduce hyperactivity.