



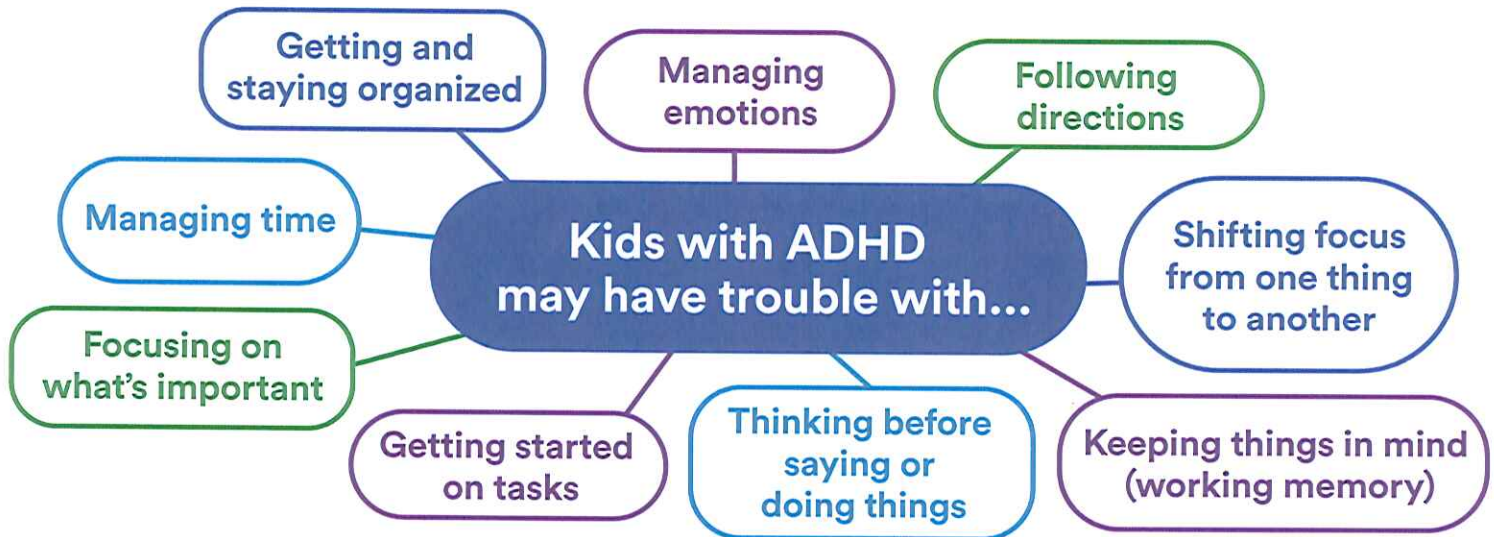
# ADHD Fact Sheet

## ADHD is...

- ✓ **An abbreviation** for attention-deficit hyperactivity disorder. It's also the official name for what is sometimes referred to as attention-deficit disorder (ADD).
- ✓ **A common disorder** that can impact focus, impulse control and emotional responses.
- ✓ **Often diagnosed in childhood** but sometimes not until the teen years or later.

## ADHD is *not*...

- ✗ **All about hyperactivity.** Kids with the inattentive type of ADHD may appear "daydreamy" or off in their own world.
- ✗ **A problem of laziness.** ADHD is caused by differences in brain anatomy and wiring.
- ✗ **Something most kids totally outgrow.** Many kids diagnosed with ADHD have symptoms that persist into adulthood.



## Ways to help kids with ADHD



**Behavior therapy** can help kids get organized and replace negative behaviors with positive ones.



**ADHD medication** can reduce ADHD symptoms, but only when the medication is active in the body.



**Classroom accommodations**, like taking movement breaks and getting extended time on tests, can help with things like staying seated and finishing tasks.

## Success stories



**Will.i.am**,  
Grammy-winning  
singer and producer



**Lisa Ling**,  
Award-winning TV  
journalist



**David Neeleman**,  
Founder of JetBlue  
Airways

