

Hello everyone,

My name is Seth, and I am in
Year Five.



Today I am going to talk to
you about

Attention

Deficit

Hyperactivity

Disorder



which most people call
A.D.H.D.



There are three types of
ADHD.

Type 1: Inattentive ADHD



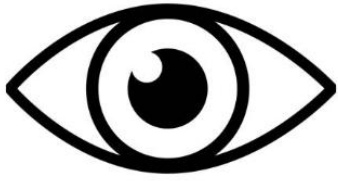
This type of ADHD often
means that students find it

hard to stay on task, and may lack attention to detail.

Sometimes students with this type of ADHD may make careless mistakes.



This doesn't mean that they don't know how to do things, it's just that they forget to go back and check over their work.



Adults with inattentive ADHD might even find that they often lose or misplace things,

and can sometimes find it difficult to organise their life if they have lots of things to do at once.



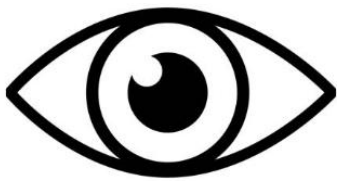
Type 2: hyperactive or impulsive ADHD



This type of ADHD is often more obvious, as a student with this type of ADHD is often fidgeting, has difficulty sitting still, will often run or climb on things when they are not supposed to.



Because these students have so much energy, they often interrupt others and can't wait patiently for their turn.



Their energy can sometimes be a nervous energy, or a distracting type of energy-



They are often talking too much or moving too much when they are meant to be working quietly.



Type 3: combination ADHD

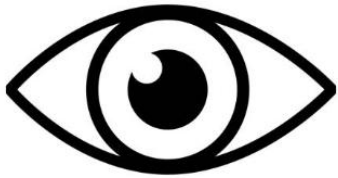


This type of ADHD is when a student or adult has features from both Type 1 and Type 2.



Often people with ADHD can be wrongly labelled as 'naughty' because it might appear that they are not

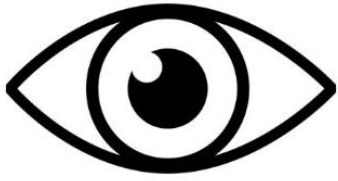
listening to the teacher or
their friends.



Because they have so much
energy, movement is often
the way that helps them
regulate their emotions, or to
help them concentrate.



***Not everything about ADHD
is a distraction.***



Sometimes, people with ADHD can use their high levels of energy to hyper-focus upon a passion that they have.

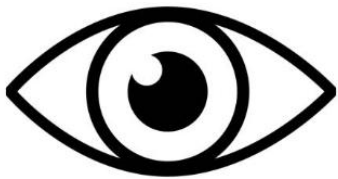


They can do this passion for hours, and people often comment how good ADHD

students are in certain areas
of passion.



ADHD is kind of like a secret
superpower!



For example, many world
famous sport-stars and
entertainers have ADHD,
which allowed them to
continue practising their

passion after the average person had run out of energy or focus.



So what are the ways we can help our ADHD friends at school?



Firstly, just be kind to them.



Understand that they might have energy that they need to get out, either through talking or moving their body.



Lots of students with ADHD might like talking to their friends whilst they are doing something.

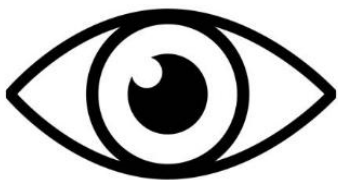


For example, going on the play equipment together, instead of just sitting down and talking in the one spot.



Teachers can help ADHD students by providing:

- fidgets
- wobble chairs
- a chance to walk in and out of the classroom
- and bouncy bands.



Teachers should also be aware that ADHD can look different in every person.

For example:

- some people might use chewy jewellery to help them focus
- some other people might like to listen to music.



Sitting near the front of the classroom always helps an ADHD student to focus.



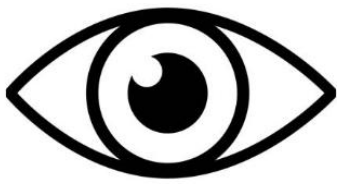
Some students and adults with ADHD take daily medication to help them concentrate.



It is also important for students with ADHD to get lots of sleep, as they have lots of energy.



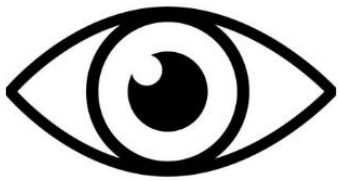
Just like everybody else, a healthy diet helps with concentration.



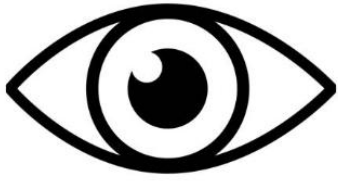
If you have any questions about ADHD, or you want to learn more about ADHD I am happy to speak with people after the assembly or outside in the schoolyard.



Before I finish my speech, I just want to say how brave the students are who are speaking about neurodiversity in front of an audience.



It takes a lot of courage, and a supportive school to help us feel safe enough to speak up.



So... thank you to everyone in the audience for making us feel safe at assembly.