



Now that you have learned that your teen has attention-deficit/hyperactivity disorder (ADHD), you may have some questions and concerns. Here are 3 key things to know:

- **As a parent of a teen with ADHD, you are not alone.** Millions of teens in the United States have ADHD. In 3 of 4 kids who have it, symptoms continue into the teen years.
- **ADHD is a medical condition and can be treated.** Your teen does not choose to have these symptoms or behaviors. Treatment can improve these symptoms.
- **Teens with ADHD can and do succeed.** Teens with ADHD may have many talents and are intelligent. When symptoms are managed, your teen can develop skills and learn better than before.

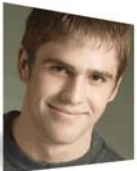
Learn more about ADHD and helping your teen at home and school.*

Attention Deficit Disorder Association (ADDA)
484-945-2101 www.add.org

Children and Adults With Attention-Deficit/Hyperactivity Disorder (CHADD®)
800-233-4050 www.chadd.org

US Department of Education
800-USA-LEARN (800-872-5327)
www.ed.gov/parents

Understanding more about ADHD symptoms



Below are some ADHD symptoms. Your teen may have some of these but not others. Sit down with your teen and check off the symptoms you have seen. Note when and where they occur (such as in class). Talk with your teen’s healthcare provider about the ones that concern you most.

Symptoms related to attention

My teen **often**:

- Doesn’t seem to pay attention
- Doesn’t seem to listen when spoken to directly
- Has trouble getting organized
- Makes careless mistakes
- Loses things
- Is forgetful
- Is easily distracted

Symptoms related to activity

My teen **often**:

- Fidgets and squirms in seat
- Has difficulty working quietly or doing quiet leisure activities
- Talks a lot
- Leaves seat in classroom or other situations where remaining seated is expected
- Is “on the go”

Symptoms related to self-control

My teen **often**:

- Has trouble waiting in line or taking turns
- Interrupts conversations or games
- Blurts out answers before questions are completed

Some teens with ADHD may also have depression, anxiety, or other mental health conditions. Or, they may abuse alcohol or drugs. Be sure to talk with the healthcare provider about your teen’s moods.

There is a lot of help...and a lot of hope

Teens with ADHD can have a bright future. The organizations listed in the box above can help you learn more about ADHD. Above all, work closely with the healthcare provider.

*This contact information is current as of January 2006. Because these are third-party resources, Expanding Views cannot take responsibility for their content.

