



## Fast Facts

- Affects people of every age, gender, IQ, and socio-economic background.
- ADHD affects 9.5% of schoolbag children and 4.4% of adults
- Boys are 2-3 times more likely to be diagnosed with ADHD
- Up to 30% of children and 25-40% of adults with ADHD have a co-existing anxiety disorder
- Sleep disorders affect people with ADHD 2-3 times as often as those without it

Boys and girls display very different ADHD symptoms.

**Boys' symptoms are obvious and "external":**

- Impulsivity or "acting out" 
- Hyperactivity, such as running and hitting 
- Lack of focus, including inattentiveness
- Physical aggression 

**Girls' symptoms are less obvious, and more "internal":**

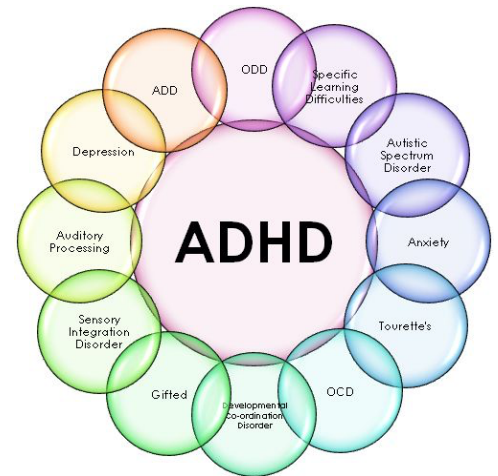
Being withdrawn 

Low self-esteem and anxiety

Impairment in attention that may lead to difficulty with academic achievement

Inattentiveness or a tendency to "daydream"

Verbal aggression: teasing, taunting, or namecalling



<https://www.facebook.com/WillingWaysSpain>

## Celebrities with ADHD

- Terry Bradshaw (Super Bowl Champion)
- James Caravelle (Political Strategist)
- Jim Carrey (Actor)
- Albert Einstein (Mathematician, Physicist, Scientist)
- Bill Gates (Software Architect, Entrepreneur)
- Channing Tatum (Actor)
- Michael Jordan (NBA)
- Scott Kelly (Astronaut)
- Adam Levine (Musician)
- Lisa Ling (Journalist)
- Jamie Oliver (Chef)
- Michael Phelps (Olympian Swimmer)
- Will Smith (Actor, Musician)
- Justin Timberlake (Musician, Actor)
- Shane Victorino (MLB Player)
- Emma Watson (Actress)
- Will.i.am (Musician, Producer)

## Did You Know

- There are three types of ADHD
  - Hyperactive / Impulsive
  - Inattentive
  - Combination of both
- Common Symptoms include
  - Fidgeting or squirming, trouble staying in one place or waiting his turn
  - Excessive running and climbing
  - Trouble playing quietly
  - Excessive talking or interrupting, blurting out answers
  - Careless mistakes
  - Easily distracted
  - Difficulty following instructions
  - Trouble organizing
  - Forgetful, always losing things
  - All symptoms are excessive, pervasive, and persistent