

# WHAT YOU SEE...

Faking

over organised

Rude

careless mistakes

Attention seeker

punching

short attention

unorganised

running away

Looks normal

ticks

Weird

Bad behaviour

forgetful

no eye contact

extra help

Shouting

stimming

fidgeting

quiet

Naughty

swearing

MASKING

MASKING

MASKING

fear

exhausted

scared

trapped

over stimulated

panic overthinking

anxiety

trust issues

too warm

self-hate

the lights are too loud

lonely

stress

## Raising awareness of HIDDEN DISABILITIES

What young people want you know

