



I am not ignoring you, I am easily distracted Don't mimic tics, I am not doing it to entertain



I am not fidgeting, 1 am stimming



I am not talking, but I can still communicate



## Raising awareness of HIDDEN DISABILITIES

What young people want you know



















1 am not

rolling my eyes,

1 am having an

absence seizure

I am not an attention seeker, am feeling anxious

1 am not faking, 1 am telling my own truth



1 am organising so I can clear my mind and concentrate







