



I am not kicking off, I am overwhelmed



I am not ignoring you, I am easily distracted



Don't mimic tics, I am not doing it to entertain



I am not fidgeting, I am stimming



I am not talking, but I can still communicate

Raising awareness of HIDDEN DISABILITIES

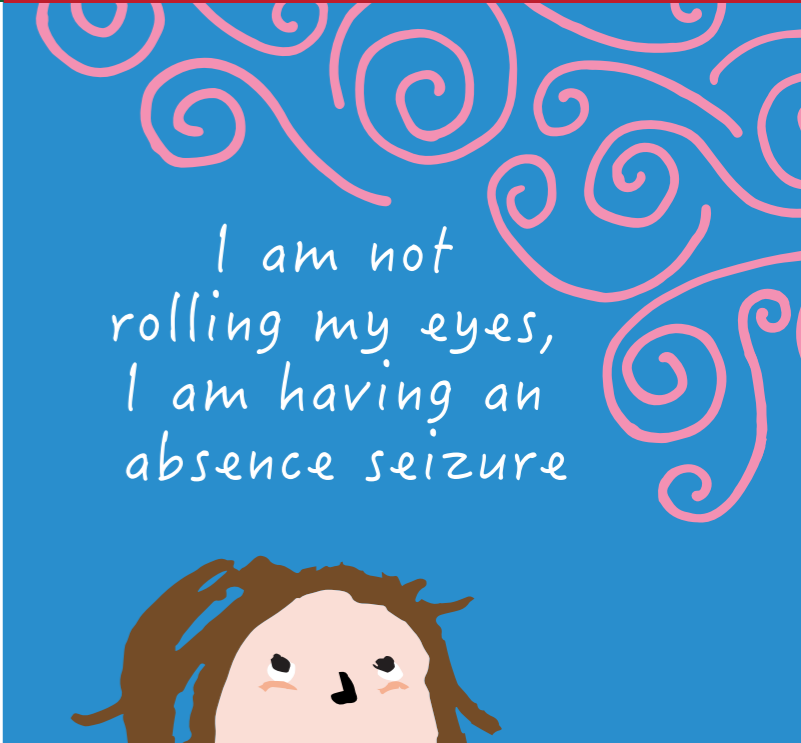
What young people want you to know







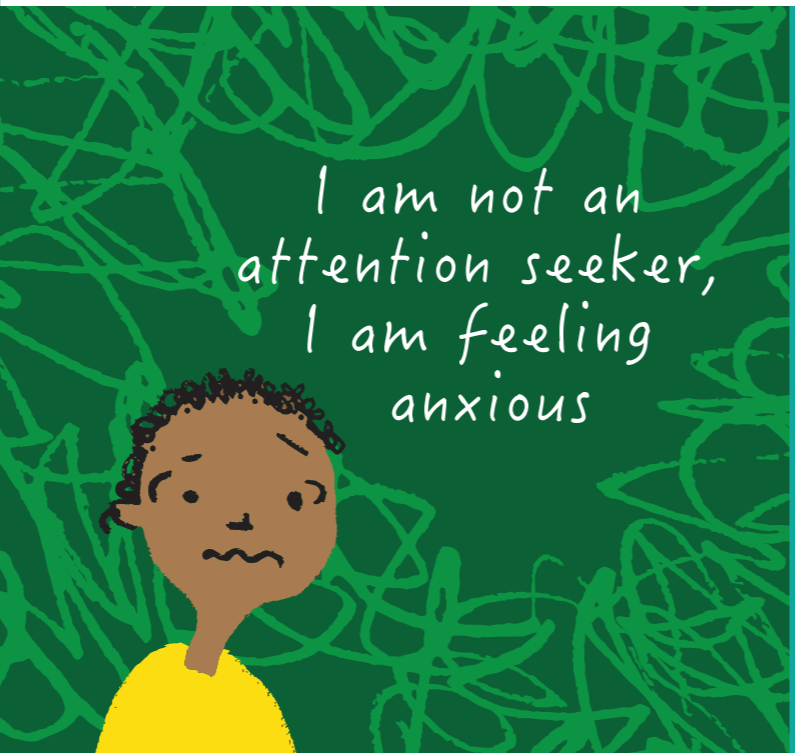




I am not rolling my eyes, I am having an absence seizure



It is not special treatment, it is something I need



I am not an attention seeker, I am feeling anxious



I am not faking, I am telling my own truth



I am organising so I can clear my mind and concentrate