

Inattention and teenagers

Teenager

Forms of inattention in ADHD

Mixed form

- The most **commun**
- Includes **Impulsivity, Hyperactivity** and **Inattention**

Inattentive form

- Difficulty to maintain **attention**
- No **Impulsivity or Hyperactivity**

*In some cases, ADHD will only reveal itself in **adolescence** because of the **increased need of attention and concentration at school** during that period.

Hyperactivity is more present during childhood.



Inattention is more present during adolescence.

Academic difficulties tend to appear at this period of life.

Teenagers living with the **inattentive form of ADHD** are often seen as **lazy** by the people around them. They tend to be **sad**, to have **social difficulties** and to develop **anxiety** and **mood disorders, depression**. Their **self-esteem** is compromised.



Teenagers with ADHD have difficulty to resist **distractions** and to determine what should be considered as a **priority**. The last distraction becomes the new priority and so on. That behavior is **involuntary**.

TIPS TO REDUCE DISTRACTIONS



Take notes you can come back to



Schedule pauses so you don't get **overwhelmed** and **loose your focus**



Find your **optimal working environment**



Remove nonessential objects that could distract you from your **working environment**



Use **earplugs** or get some tranquility by **closing the door**



Sit **facing the task** while **turning your back to distractions**

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For more tips and tricks to help you support people with ADHD, don't hesitate to contact us!

Sources :

1. <https://aidersonenfant.com/supporter-lenfant-ayant-tdah-role-differents-intervenants-milieu-scolaire/>