

I
sure

hope
today's lunch
is pizza...

...What did
the teacher
just say?

Wha...

I wonder
what John is
doing in
his class right now...
That pencil
tapping sounds
like...

FRIENDSHIPS COUNT

Help fight the stigma of living with ADHD.

“ When the teacher is talking and a classmate is drumming a pencil, I feel like a three-ring circus is going on in my head. Sometimes I can't stop moving, and I may make some bad choices. I take medicine, which helps. But good friends can help too.

When you notice my thoughts are drifting or I'm moving around too much, please don't judge me. My brain doesn't always let me focus, and it can make me move around when I shouldn't.

Let me show you who I am beyond the ADHD. I can be a good friend when you give me a chance. ”

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