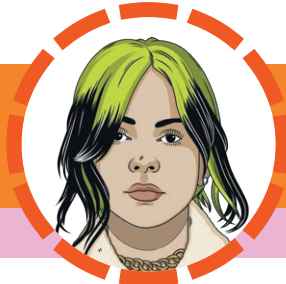


I Have Tourettes Syndrome...

My brain works in a different way. My brain can make my body move or say something that I might not want to. When this happens, it is called a tic. Many other children have Tourettes too.



Billie Eilish

There are many successful people in the world who have Tourettes.

I don't tic on purpose or to be annoying.

It is OK to ask questions about Tourettes and to want to know more.

Tics are not contagious (you can't catch them!) and I can't help ticcing, just like someone can't help a sneeze.

You can help me manage my Tourettes by:

- supporting me to get rest and a good night's sleep;
- doing an activity with me that is calming and relaxing;
- giving me breaks in tasks when I need them;
- not drawing attention to my tics;
- letting me use a laptop if I find handwriting difficult.

It is important to remember that everyone is different and unique, with their own talents, interests and qualities.

