

I HAVE TOURETTE SYNDROME



Everybody's brains are
different and work in
their own, special way.



My brain sometimes makes my body make sounds and movements that I can't control. These are called tics.



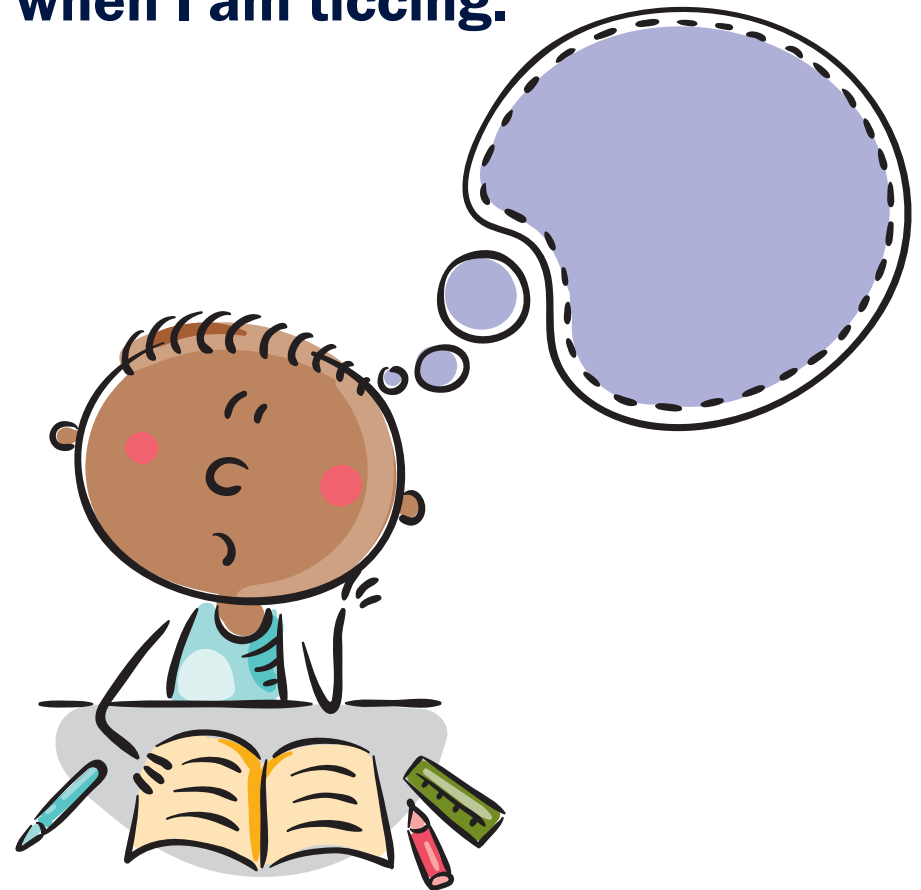
My tics may be different to other people's. I may, sniff, blink lots, shrug my shoulders, jump, spin or even say random words.



Tics can be fast. They can happen again and again. Tics can change. Lots of people have tics.



Sometimes I find it hard to concentrate when people are talking to me – especially when I am ticcing.



People with Tourette Syndrome often have other things with their tics that we can't see. One of these is worrying thoughts or the feeling that something terrible might happen. These can be very hard for me to explain and hard for other people to understand, but that's okay.



Sometimes people may not understand when I tic but I can tell them that it makes me feel better.



I may not be able to stop my tics and they may come even though I don't want them to. If someone asks me to stop my tics this can be very difficult to do and can be very uncomfortable for me.



Sometimes my tics may upset other people and I may have to explain that I didn't mean to upset them.



If my tics make me sad or upset then I can tell an adult and they will help me.



Some things can make my tics worse. Worry, stress, hunger, excitement, change, tiredness.



Some things can make my tics better. Exercise, distraction, deep concentration, mindfulness, sleep, routine.



Because my brain works slightly differently, I have amazing skills and talents.



Having Tourette Syndrome can mean that I am really good at some things but find others difficult. Because of this, sometimes I need some extra help at school.



Tourette Syndrome is just one part of who I am. I am so many different things. I am me!



**These are the things that
make my tics worse:**

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**Here are some things
that help my tics:**

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