



THE ADHD MYTHS THAT WOULDN'T DIE

Learn more at
youtube.com/howtoadhd

MYTH: *ADHD isn't real, it's something they made up.*

TRUTH: The name for it is all that's new. The condition itself has been described in medical literature for over 100 years.

MYTH: *ADHD is just bad behavior.*

TRUTH: Behavior is affected by the brain, and the brain is affected by genetics. ADHD is highly genetic.

MYTH: *ADHD is something you grow out of.*

TRUTH: While symptoms can improve, most people don't "grow out of it." Many ADHDers aren't even diagnosed until later in life.

MYTH: *You can't have ADHD, you seem fine.*

TRUTH: Gifted students have ADHD too, and most people with ADHD develop coping mechanisms to hide their struggles.

MYTH: *Everyone's a little ADHD.*

TRUTH: Just like being sad is different from having depression, having ADHD symptoms is different from having ADHD.

MYTH: *Medication cures ADHD.*

TRUTH: It can help manage the symptoms and for most ADHDers it's highly effective, but when it wears off, symptoms return.

MYTH: *Stimulant medication is the only ADHD treatment.*

TRUTH: Nonstimulants are available, too, and medication is only part of the solution. Pills don't teach skills.

MYTH: *ADHD medication turns kids into zombies.*

TRUTH: The goal of treatment is not to turn kids into mindless drones. It's to make their symptoms manageable so they can be a more fully realized version of themselves.