

ADHD in Girls SEND Futures Conference

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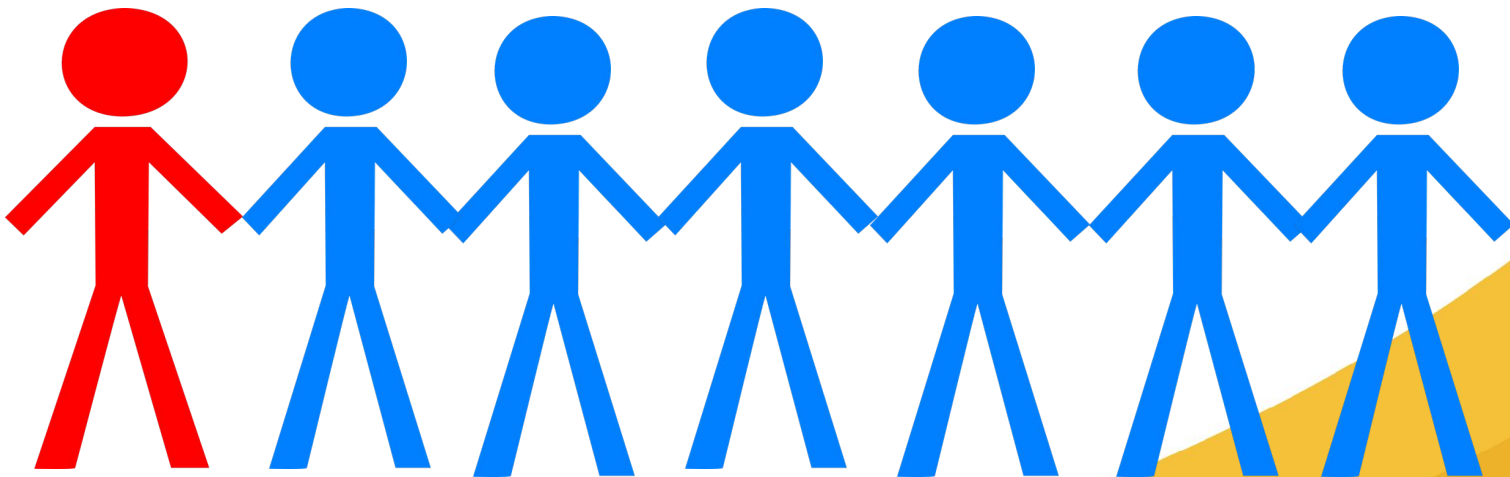


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Champions for children and families

The Data

- ADHD is more commonly recognised and diagnosed in boys
- Gender ratios vary by country ranging from 1:3 to 1:16 in females:males
- In the UK for every 1 female diagnosed with ADHD there are 6 males diagnosed with ADHD
- This trend in childhood, persists into adulthood, although the gender difference decreases with diagnosis in adulthood to 1:1.9 in females:males



What is ADHD and ADD?

- Attention Deficit Hyperactivity Disorder or Attention Deficit Disorder
- Difficulties with attention and concentration
- Difficulties with restlessness (hyperactivity)
- Difficulties with impulsiveness
- Difficulties in these areas before the age of 12 years
- Difficulties in more than one setting (home, school, community)



The potential differences in girls

Symptoms are often overlooked
Less likely to struggle with hyperactivity

- Talking all the time, even when parents and teachers tell them to stop
- Frequent daydreaming
- Frequent crying, even from small disappointments
- Constantly interrupting activities or conversations
- Having a messy desk, bedroom or school bag
- Problems finishing a piece of work



The Challenges

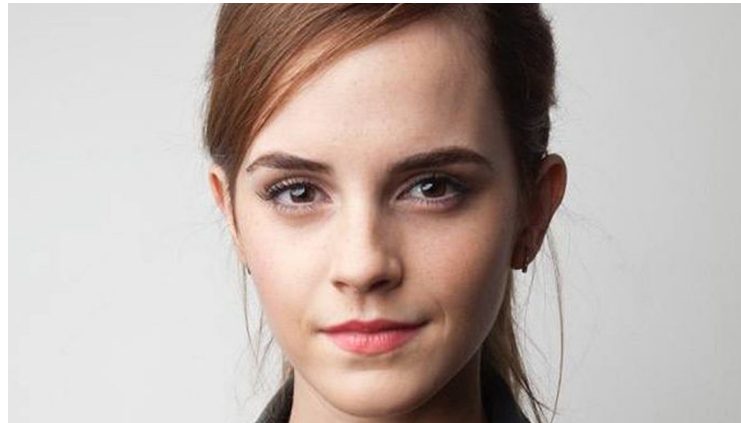


- These girls aren't disruptive, go "under the radar"
- Symptoms are put down to anxiety or depression
- Symptoms in girls are often explained as character traits rather than ADHD. For example, a girl might be thought of as spacey, a day-dreamer, forgetful, or chatty.
- Low self esteem and chronic stress are a problem
- A lot of time and effort can be put into hiding the symptoms to look "normal", this can lead to additional difficulties such as anxiety, depression.
- Screening tools and assessments often better at identifying boys, likely to have been developed on boys
- Difficulties sometimes only picked up when academic or social demands increase (secondary / college).

Famous Female Faces with ADHD



Simone Biles, Gymnast



Emma Watson, Actress



Katherine Ellinson,
Author



Paris Hilton, Actress



Cammi, Granato, Olympic hockey
player

An Introduction to ADHD in Girls Film

<https://vimeopro.com/karmavimeo/an-introduction-to-adhd>

Discuss in small groups

What surprised you in the film?

How did you feel watching this film?

What one thing would you share with a colleague?

What are you going to do differently tomorrow?

What questions do you have about the content of the film?



feedback



Questions?



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