



**“I’m NOT Interested
in Anything
I’m NOT Interested In!!”**

**A Teenager’s Guide
to ADHD**



Booklet 1
In a Series

Chesterfield County Public Schools

**“I don’t want to hear
anymore about this ADHD
junk!!!”**



People won’t blame you for wanting to stay away from this topic.

It can feel pretty boring!

But, until they find the MIRACLE CURE for ADHD, you might want to find some ways to make your life a little

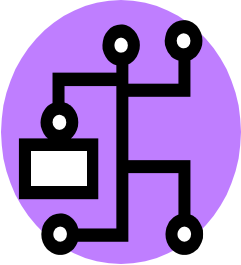
- easier
- less painful
- and more fun!

Be honest with yourself, you really want school to go better. And a lot of folks wish you would do better in school.

So give yourself a break.

Work with this booklet to help yourself.

**“Okay, let’s get this over with quickly!
I’ve got places to go, people to meet.”**



Do you ever wonder why you want to keep moving from one thing to another...

particularly in school,
or anyplace you find kind of boring?

This booklet will address this issue.

Ever wonder why time seems to just drag on and on and on, like in school? Well, there’s a reason.

Ever wonder . . .

Why you forget things?

Why you get bored so fast with some things?

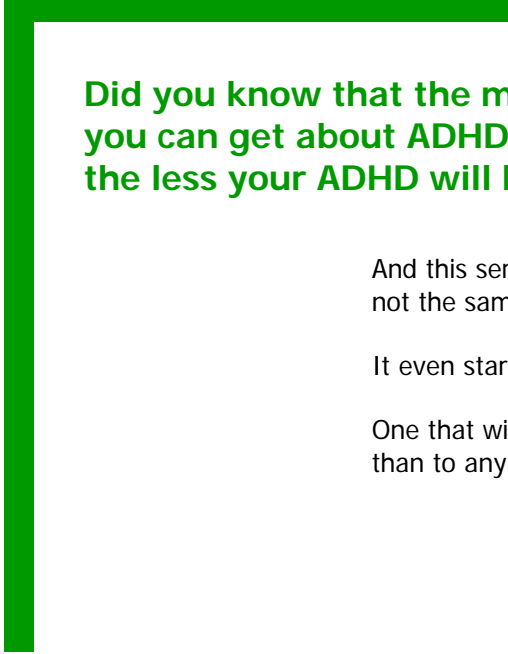
Why you do not enjoy reading...unless it's interesting?

Why you do so well at some things in life and stink at others?

Why you are great, super, fantastic with so much?

And have such negative feelings about school?

This booklet and others in this series will help you answer these and many other questions.



**Did you know that the more answers
you can get about ADHD,
the less your ADHD will bite you?**

And this series gives you the latest info—
not the same old, same old!

It even starts with a new definition of ADHD.

One that will make more sense to you
than to anybody else—even your parents.



**Knowledge
Is Power!**



“So tell me about this NEW definition of ADHD.”

New Definition

The OLD definition stressed 3 parts:

- Inattention
- Hyperactivity
- Impulsivity

The INATTENTION part said people with ADHD have trouble paying attention.

Hyperactivity deals with the activity level—the fidgeting, tapping, shifting in your seat, or just having a restless feeling within you.

The impulsivity idea said you tend to act before you think.

The NEW definition stresses

- Interest level
- Boredom
- The urge to move on to something more fun than the task at hand!

So the new definition says it is not that you can't pay attention, but rather the material has to be interesting or you get

BORED.

And your mind or your mind and body move on to something

MORE EXCITING!

Does this sound more like you than saying you can't pay attention?

Practically all teenagers with ADHD say this new way of looking at ADHD makes sense.

Give a teenager with ADHD something they find interesting, and they can really stay focused with the topic or activity.

Give a teenager with ADHD something boring, and they can't stand it. Their mind jumps to something more interesting.

So the teacher starts lecturing about some topic of no interest, and the ADHD student starts thinking about what he's going to do that afternoon after school.



“Yeah, but doesn’t everybody get bored?”

You are right. Everybody gets bored at times. And certainly some activities and people are more exciting than others.

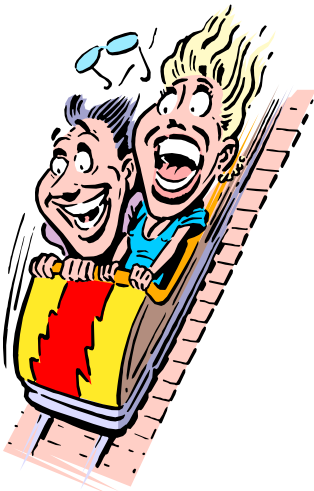
But people with ADHD have a harder time stopping the urge to move on to something more interesting than people without ADHD.

ADHD people give in to the urge and the mind just wanders.

Sometimes the teenager with ADHD goes to sleep rather than feel bored. Sleeping is less troubling than the boredom feeling.

But remember,
ADHD people are excitement junkies!!

They hate boredom!!!



“Why do people with ADHD give in to the urge?”

There are lots of reasons.

And you will learn them through this series of booklets.

For now, the best reason why students without ADHD keep trying to listen is to earn good grades.

They are focused on the future and wanting the grade to pass the class, please their parents, or to go to college.

But students with ADHD focus on the NOW, and if the NOW feeling is boring, they move on to anything more exciting.



“But I really want to do better in school, what can I do?”

People sometimes might think you don't care.

They hear of incomplete assignments.

They do not see much studying.

But ADHD students really do want to have better grades.

They are tired of having problems.



First, learn what's going on with this ADHD!

People have been telling you what to do for years.

And it has not helped as much as you would like.

Well, it's time for you to learn about ADHD, to fully accept how it is hurting you, and to find the ways you want to change.

This series will initially focus on helping you understand what is happening and why.

Then the series will help you find the ways you want to try.

The emphasis will be on

UNDERSTANDING.

And then on

ACTING.





The Chesterfield County public school system does not unlawfully discriminate on the basis of sex, race, color, age, religion, disabilities, or national origin in employment or its educational programs and activities.

Thanks to the Author
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