

+P Tauren Has Tourette's

FOR CHILDREN

1 What is Tourette syndrome?

Tourette syndrome is a condition that affects the nervous system. It causes a person to make movements or sounds called tics. A person with Tourette syndrome can learn, play, make friends, and enjoy the same activities as other children.

2 What is a tic?

A tic is a sudden movement or sound that a person's body makes repeatedly. Blinking, shrugging, sniffing, throat-clearing, head movements, and saying a sound or word can all be tics.

3 Does a person make tics on purpose?

No. Tics are not bad behavior or an attempt to disrupt others. A person may sometimes hold back a tic briefly, but doing so can be uncomfortable and difficult. Having a tic can feel a little like needing to sneeze or scratch an itch.

4 Are everyone's tics the same?

No. Tourette syndrome looks different for every person. Some tics are easy to notice, while others are not. Tics may also change over time or become more noticeable when someone is excited, tired, worried, or stressed.

5 Does everyone with Tourette syndrome shout inappropriate words?

No. This is a common misunderstanding. Most people with Tourette syndrome do not have tics that involve inappropriate language. When it does occur, the words are involuntary and are not meant to be rude or hurtful.

6 What should you do when a classmate has a tic?

Stay calm and continue treating the person normally. Avoid staring, laughing, copying the tic, or repeatedly asking about it. Giving the person time and space can help them feel comfortable and included.

7 How might Tourette syndrome affect someone at school?

Tics can sometimes make reading, writing, concentrating, sitting still, or speaking more difficult. Trying to hold back tics can also be tiring. A student may need breaks, extra time, a quieter workspace, or permission to leave the room briefly.

8 What should you do if someone is teasing a child because of their tics?

Do not join in or laugh. If it feels safe, say something such as, "Those movements and sounds are not on purpose." Invite the child to join you and tell a trusted adult about the teasing.

9 How can you be a supportive friend to someone with Tourette syndrome?

Include the person in games and conversations, listen if they want to talk, and focus on who they are — not their tics. It is also helpful to ask, "What would make you feel more comfortable?" instead of assuming what they need.

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What is the most important thing to remember about a person with Tourette syndrome?

Tourette syndrome is only one part of who that person is. Every child has talents, feelings, interests, challenges, and dreams. Everyone deserves patience, kindness, friendship, and respect.
