



# ADHD vs. misbehaviour

- ADHD is the UK's most common behavioural disorder in children
- Around 2-5% of school children in the UK have ADHD
- Around 132,000 children in the UK have severe ADHD (hyper kinetic disorder)

It's in a young person's nature to push boundaries. Misbehaving and being naughty are part of growing up and learning. But when does it go beyond this? When children seem like they are constantly out of control, this could be a sign that they have attention deficit hyperactivity disorder (ADHD).

## How to spot the difference between ADHD and misbehaving

Children with ADHD show symptoms such as aggression and frustration over a longer period, which can affect their ability to function, and risks further mental health conditions developing.

These are some more symptoms of ADHD to look out for:

- + Fidgeting
- + Hyperactivity
- + Irritability
- + Anger
- + Lack of concentration
- + Talking a lot
- + Fearlessness

## Is there a cure for ADHD?

ADHD is a lifelong condition, although hyperactivity can reduce over time. It is important that parents, teachers and children understand how ADHD can affect behaviour. Effective management of ADHD is vital in helping children to cope with everyday life.



## Maximising potential at school

While ADHD is not linked to intelligence, developmental skills may be slower than average, so appropriate support is crucial.

Parents should consider the following when choosing a suitable school for a child with ADHD:

- + Does the management team know how ADHD affects children in school?
- + How much training around ADHD does the school provide to teachers?
- + Is there a special educational needs co-ordinator (SENCO)?
- + Is there strong pastoral support, developing trusting relationships between children and members of staff?
- + Are social skills taught within the school?
- + Does the school have 'chill out' spaces or allow hyperactive pupils an exercise break?
- + If children are on medication, do staff members understand how this works?
- + Does the school have strong and regular links with parents, providing feedback on progress?
- + Does the school provide parents with access to support groups outside school?

Raising levels of achievement for young people with ADHD depends how the condition is managed. Supporting the child so they feel understood and motivated to engage fully in school, is crucial.



## Contact us

Priory works with worldwide leading mental health professionals and our proven record of helping people to get their lives back on track is unrivalled.

For more information, please contact us by:

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Read more about mental health treatment at Priory by scanning the QR code.

