

What is the video for?

- To be shared with **teachers and other parents**
- Uses **your experiences**
- **Educates** people about ADHD
- **Challenges myths** about ADHD
- **Helps school staff understand** what it's like for parents of children with ADHD

How can you help?

We would like to record a **30-minute Zoom conversation** with you (and your child, if they would like)

We may ask you some of the questions on the right.

We will edit the video so don't worry if:

- You **take some time** to think of an answer
- You'd like to **start an answer again**
- You share any **confidential details** or **change your mind** about what you're willing to share

Share your experience

Know ADHD video

Help educate others

What might we ask?

How do you **feel** about ADHD?

What **important message** do you want to share with people about ADHD?

How does ADHD affect their/your **work or school life?**

Who in your family has ADHD and **how does it affect you/them?**

How does ADHD affect your **home life?**

What are the **main strengths and difficulties** you/they have?

Are there any shining examples of what a **school or workplace** has **done well to support** people with ADHD?

Thanks!

If you choose to take part, you will be **reimbursed £12.50** for the approximately half-hour's work as a thank you!

If you have any questions about the video or you would like to take part, please contact **Becky Gudka: rg518@exeter.ac.uk**