



ADHD in Girls

looks different



Signs in Girls

Daydreaming
Fidgeting
Excessive talking
Easily distracted
Forgetful
Messy and unorganized
Poor balance or clumsiness



Poor attention to detail
Poor time management
Delayed skill development
Trouble following through with tasks or ideas
Emotional, easily upset, and "over-reactive"

Many girls do not get diagnosed until their early 20's. The absence of a diagnosis can lead to other mental health and social issues

Girls are socialized to behave different than boys. When girls are hyperactive they are shamed and rejected by their peers.

School failure
Peer rejection
Substance abuse
Anxiety and Mood Disorders
Eating Disorders
Self-Injuring Behavior

Girls with ADHD feel they are working harder than their peers in school but are not achieving the same grades.

