

Our World

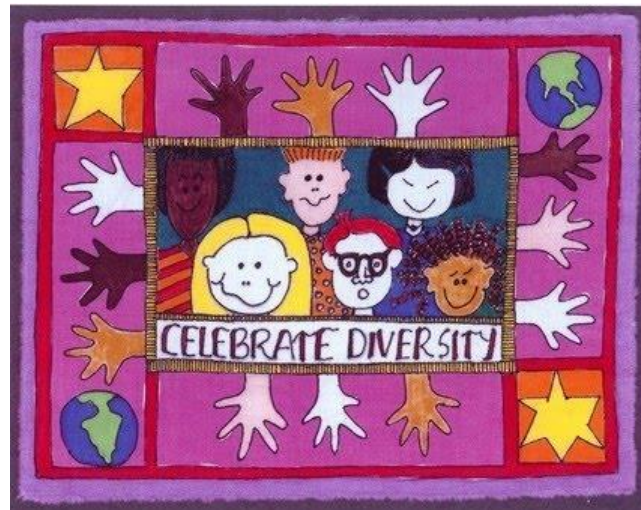


and



My World

Celebrating our Differences!



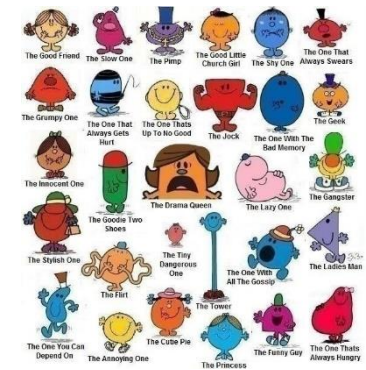
What is Tourette Syndrome?

We are all different.
What differences do you see in this picture?



People can be different in so many ways

- Colour of hair
- Colour of skin
- Colour of eyes
- Our height
- Our clothes
- Our personalities

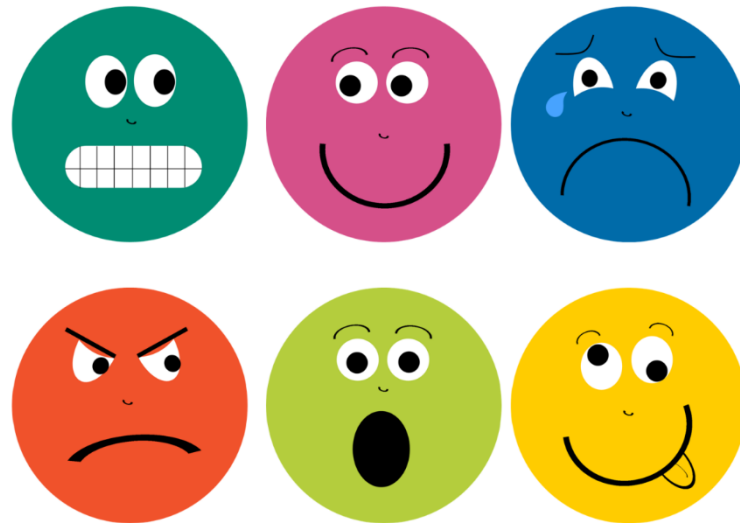


What differences do you see in your family?

What differences do we see in our
school/classroom?



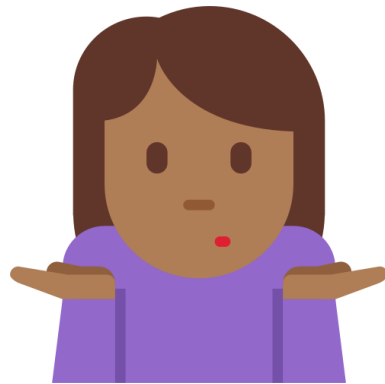
We are all different inside as well as outside but we cant always see it



Everybody's brains are different and
work in different ways



“tourettes” – what’s that?



tourettes = Tourette Syndrome (TS)

What is it?

Tourette Syndrome can be an inherited condition

People with Tourette Syndrome have **tics**

Tics mean you may make sounds and do movements you really can't control

You can have tics at any age

What it's not

Tourette Syndrome is not a mental illness

Tourette Syndrome does not affect how intelligent you are

You can't catch it - it's not infectious

What are tics?

Muscle movements or noises which the person can't help doing

Tics can be fast

They can happen again and again

Tics can change

People with Tourette Syndrome are not doing them on purpose

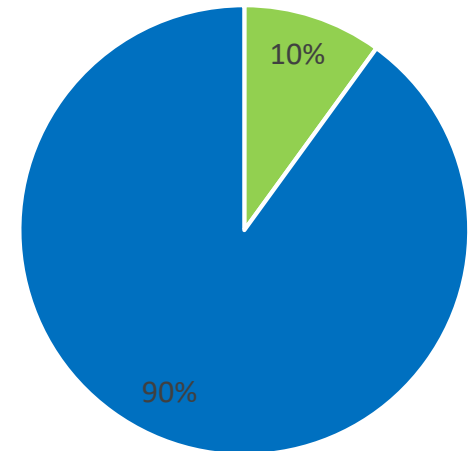
The swearing tic

This is just another type of tic (the one everyone knows about)

Although its uncommon in children with TS

In fact ...

... only approximately 10% of children with TS has it



■ With Coprolalia

■ Without Coprolalia

The name for this type of tic is “coprolalia”
(cop – row – LA – lee – ya)

We must remember that a swearing tic has no intentional meaning. Speak to an adult if you are worried by this.

Other Symptoms

People with TS often have other symptoms alongside their tics that we can't see. One of the most common of these is worrying thoughts or the feeling that something terrible might happen. These can be very hard to explain and may need your understanding.




Tics **Wax** and wane

They come and go


They change in how severe they are

And how often they occur


**People with Tourette Syndrome
are not doing their tics on
purpose.**



He didn't
do that last
week ...



He's doing it
all the time
now.



She's just
putting it
on.

Some people with TS may be able to stop their tics for a short time if they concentrate hard but this can feel very uncomfortable.

This sometimes confuses teachers and other pupils.



Try not to blink for a whole minute and you'll see how uncomfortable this feels. This feeling is how some children describe how it feels to have to hold a tic in.

Stop doing that! It's driving me mad!

But I cant help it!



**We must never
ask a person with
TS to stop ticcing.**



Who has TS?

- One in every hundred school children has TS
- TS can often reduce and in some people even completely disappear by the age of 18



*Did you know that
the singer Billie
Eilish and famous
YouTuber Caspar
Lee both have TS?*



What can make my tics worse

Worry, stress, hunger, excitement, change, tiredness



What can make my tics better

Exercise, distraction, deep concentration,
mindfulness, sleep, routine



How can you help someone with TS?

- Learn as much about TS as you can
- Talk to them and ask them how you can help
- Be kind and understanding
- Don't tease them about their tics
- Stand up for them if they are bullied. Tell an adult.
- Give them some time on their own if they want to release some tics in private
- Help them to join in - don't leave them out

How can we help?



Live in our world.

Remember we are all unique and all have our own strengths and struggles.

By being kind and understanding you can help other people in our world.



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Thank you!

