Self-Advocacy

for Teens with ADHD

Know Yourself
- Understand how ADHD affects you.
- Recognize your strengths and challenges.

Identify Your Needs
- Know what supports can help you succeed.
- Identify strategies that help you stay organized and focused.

Communicate Clearly
- Use "I" statements to express your needs.
- Explain how ADHD affects you.

Ask for Help
- Ask for support when you need it.
- Be specific about the help that works best for you.

Use Tools & Strategies
- Use tools like planners, reminders, timers, or checklists.
- Find strategies that help you stay organized, focused, and on track.

Stay Positive
- Believe in yourself.
- Focus on your strengths and celebrate your progress.

Be Persistent
- Don't give up when things are difficult.
- Keep trying until you find what works for you.

Stand Up for Yourself
- Speak up about your needs.
- Let others know when something isn't working.

Seek Support
- Reach out to people you trust.
- Connect with other teens with ADHD for encouragement.

Take Care of Yourself
- Get enough sleep, eat well, and manage stress.
- Make time for activities that help you recharge.



This infographic is supported by Cooperative Agreement Number NU38DD000003 from the Centers for Disease Control and Prevention (CDC). The contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.

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