

# Getting on with your friends and other pupils at school

Useful tips to help keep friends and make new ones

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**It can sometimes be difficult for your peers to understand that when you have ADHD, you may react differently to some situations.**

**As a result, the following tips might be useful to think about to help make and keep friends:**

1. Don't butt into conversations, but try and wait your turn. Try to watch and listen to how some of your peers do this – especially when meeting someone new.
2. Join a club or activity that you are good at and enjoy. This will help you meet friends with similar interests to you.
3. Remember your true friends will like you for who you are, so don't be afraid to be yourself; you are a great person.
4. Ask your teacher to sit you in areas that do not have a lot of distractions, such as away from windows or doors. This will help you to be able to concentrate as well as your peers do.
5. If some of your peers try to "wind you up" because they know you have ADHD, don't lash out. Walk away. If it persists, talk to your teacher.
6. Make sure you and your friends agree where and when to meet before and after school, at lunch and break times.
7. Try to be as organised as you can in terms of your uniform, sports kit and equipment.
8. Don't buy or sell stuff such as computer games in school, even to friends, as this often causes problems and arguments.
9. Don't be led into doing things that will get you into trouble just to stay in the crowd.
10. If your peers tease you because they find out you are on medication for your ADHD, explain that taking ADHD medication is similar to using an inhaler if you had asthma. An inhaler helps you breathe; ADHD medication helps the brain to concentrate better. It is just the same.

