



# www.UNDERSTANDME.org

## **Listening to and understanding girls with ADD/ADHD**

My name is Carly and I'm a new Cadette. I made a web site for my Bronze Award project called [www.understandme.org](http://www.understandme.org). It's where girls with ADD/ADHD can post about how their lives are affected by it and, their parents/Girl Scout Leaders can read some tips by my mom. Here is what you will find!

## Girls

Here you can post what you wish your parents, teachers, or friends knew about your ADD/ADHD. You can also share what things you think are too hard for you because of your ADD/ADHD that makes it unfair. Then I will post it on the site.

## Girl Scouts

Here, you can post about what Badges, Try-its, IPAs, or Patches are hard for you and/or what you wish your leader knew. Then I will post it on the site.

## Parents & Girl Scout Leaders

- What is ADD/ADHD?
- Share Your Thoughts and Experiences. Share with other parents. What would you like teachers to know.
- 12 Things Girl Scouts With ADD/ADHD Would Like Their Leaders to Know
- What I Wish My Parents, Friends, Teacher & Leader Knew - *Site Submissions*
- Myths about ADD/ADHD
- Tips for working with ADD/ADHD girls
- Add your suggestions for Helping Girl Scouts with ADHD achieve success!  
*Please share with other Leaders things you have done in your Troop that have helped girls with ADHD find success. Share tips that help ADHD (and related disorders) girls succeed in Troop activities (pairing up, working together, recognizing effort, rewarding appropriate behavior, etc.). Share how you might have modified an award requirement so girls could meet the goal of the requirement but, sensitive to the girls' challenges.*
- Great Links and Resources!
- What about other "disorders" like Autism Spectrum/Asperger's, Learning, etc.?

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