

Girls with ADHD

ADHD can often go undiagnosed in girls compared to boys due to differences in their presentation of symptoms. With many of their symptoms appearing 'less difficult' or 'less active' than boys, they are three times less likely to receive a diagnosis. This can create further difficulties and often makes life harder than it needs to be.

Signs of ADHD in girls:

- Fidgety, overly chatty, scattered
- Forgetful, withdrawn
- Deeply frustrated by simple tasks
- Low tolerance to stress
- Overly emotional
- Extremely sensitive to criticism
- Interrupting and speaking out of turn
- Messiness and disorganisation
- Trouble finishing tests and assignments on time
- Work hard to conform
- Hard time saying no to others
- Difficulty making decisions
- Learning and/or social problems

