



SEND Supported
Embracing difference

The good things about ADHD: 'It's my superpower'



Inattentiveness, hyperactivity and impulsiveness - these are just some of the symptoms of ADHD or Attention deficit hyperactivity disorder. By some estimates, it is one of the most common behavioural disorders in the UK.

But instead of the BBC deciding what questions to ask about ADHD, they wanted to give that job to people who know ADHD much better - an ADHD parents' support group.

The group came up with four questions and BBC Stories made four films to try to find answers for them. In this film, the parents asked why ADHD is often seen as negative? So here is a film looking at some of the good things about it.

Watch [The good things about ADHD: 'It's my superpower'](#)