

ADHD

AWARENESS MONTH

31 WAYS TO RAISE AWARENESS

OCTOBER 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1 Stay up to date on ADHD Awareness Month news, events, and other happenings by signing up for e-mails from the Coalition at adhdawarenessmonth.org. Send the link to your friends and family so they can sign up, too.</p>	<p>2 Contact your city council members and a state legislator to let them know it's ADHD Awareness Month (Google: "yourstatename legislature"). See if they can organize or attend an awareness event.</p>	<p>3 Donate a set of books about ADHD to your local library (or school library) and ask them to create a display during the month of October.</p>	<p>4 Like ADHD Awareness Month on Facebook (facebook.com/adhdawarenessmonth) and follow on Twitter (@ADHDMonth). Share and RT posts to help spread the word.</p>
<p>5 Announce ADHD Awareness Month and include a fact about the condition in your e-mail signature.</p>	<p>6 Are you an ADHD professional? Download the Coalition's Tool Kit for Professionals from adhdawarenessmonth.org/downloads. You'll find graphics and downloads to place on your website, a press release template, and more.</p>	<p>7 Join the ADHD Awareness Month Coalition as it shares 31 surprising truths about ADHD in 31 days via its Facebook page (facebook.com/adhdawarenessmonth).</p>	<p>8 What does ADHD look like? Take the WHO self screener at adhdawarenessmonth.org, then send the screener to friends and family.</p> 	<p>9 Encourage your child's school to include a call-out or paragraph about ADHD Awareness Month and any local activities in its weekly or monthly newsletter.</p>	<p>10 Take the five-minute, anonymous survey at adhdawarenessmonth.org/survey-quotes. Learn something new and share one thing you want the world to know about ADHD. Forward the survey link with five people.</p>	<p>11 Is there a teacher, doctor, mentor, or someone else who guided you through the ADHD diagnosis, helped you secure an IEP/504, or who has just never given up on you or your child? Send him or her a thank you note.</p>
<p>12 Find an Awareness Month event near you (or an online event) at adhdawarenessmonth.org/2014-events. Planning your own event? Submit the details at adhdawarenessmonth.org/new-event.</p>	<p>13 Adapt the "Letter to the Editor" you'll find at adhdawarenessmonth.org/downloads and send it to your local paper.</p>	<p>14 Print "The Many Faces of ADHD" poster from adhdawarenessmonth.org and hang it with permission in libraries, community centers, schools, doctors' offices, and supermarkets throughout your community.</p>	<p>15 Arrange a screening of a documentary about ADHD (such as <i>Odd Kid Out</i>, <i>A Mind Like Mine</i> or <i>ADD & Loving It?</i>) at a local school, community center, or library.</p>	<p>16 Ask a local bookstore to display books on ADHD. While you're there, purchase a second copy of your favorite book about ADHD and pass it along to a friend or fellow parent.</p>	<p>17 Use the social media cover images you'll find at adhdawarenessmonth.org/graphics on your Facebook, Twitter, and Google+ pages throughout October to raise awareness within your circle.</p> 	<p>18 Invite local families living with ADHD for coffee or hot chocolate. Announce the event via your school's bulletin board or newsletter.</p>
<p>19 Print "7 Facts You Need to Know About ADHD" from adhdawarenessmonth.org/adhd-facts and leave copies with libraries, pharmacies, and local media (newspapers, and radio and TV stations).</p>	<p>20 Find a college student with ADHD who can mentor your child.</p> 	<p>21 Talk with a fellow parent of a child who was recently diagnosed with ADHD (or a newly diagnosed adult). Share your been-there-done-that advice.</p>	<p>22 Working to secure an IEP or 504 Plan for your child? Don't give up the fight! Have one in place? Volunteer to accompany another parent who's still in the process to an IEP/504 meeting as an advocate/ally.</p>	<p>23 Tweet about living with ADHD, Awareness Month events, or facts about the condition with the hashtag #adhdawareness.</p>	<p>24 Ask your child's teacher if you can read a children's book about ADHD to the class during regular story hour. Try <i>A Walk in the Rain with a Brain</i> or, for older kids, <i>Eddie Enough!</i></p>	<p>25 Connect with other parents or adults with ADHD in an online support community or a local, in-person support group. Chime in with your experiences and support.</p>
<p>26 Share the funny, honest, inspiring essays you'll find at adhdawarenessmonth.org/downloads with friends and family to offer a personal take on ADHD while retaining your (or your child's) privacy.</p>	<p>27 Work with the PTO at your child's school to create an ADHD education program for students, teachers, and administrators. Invite an ADHD specialist to speak or conduct a workshop.</p>	<p>28 The next time you encounter an ADHD doubter, speak up! Let skeptics know that ADHD is real. Find the facts to dispel a common myth each day of the month at facebook.com/adhdawarenessmonth.</p>	<p>29 Send a thank-you note to your child's teacher, principal, and the school's PTO for allowing you to share resources about ADHD.</p>	<p>30 Listen to "What Is ADHD? Explaining It to Family, Friends, Teachers, and Colleagues" and other expert webinar recordings at adhdawarenessmonth.org/recordings.</p>	<p>31 HAPPY HALLOWEEN! Let your creative ADHD spirit shine through today! Keep spreading the word about ADHD throughout the year.</p> 	