

6 Comforting and Informational Videos for Teens About Their ADHD



Teens, whether you are speculating that you have ADHD or you have just recently been diagnosed and are looking for the next steps, it can be hard to find the right resources. There is so much information on the internet, that it can be overwhelming to know what is trustworthy and what applies to you. YouTube is a great resource for teens with ADHD since it can provide quality information and research, but it can also have videos of other teens sharing their experiences with ADHD. While hearing about other teens' experiences can be incredibly helpful, it is important to keep in mind that teens are not professionals and they can only report on what they have experienced, which can be different for everyone. Nonetheless, lots of quality information can be found on YouTube. Check out the videos recommended below, as we have a list of both professionals helping you understand your ADHD and teens sharing their experiences with ADHD.

Our teams at South County Child and Family Consultants and lw4k.com are always on the lookout for the newest information to help kids with ADHD, Learning Disabilities, Autism, Anxiety, Depression, and Executive Functioning difficulties. YouTube videos on ADHD in children are one of the more useful

tools that we have found. In our offices, we provide comprehensive neuropsychological evaluations of children, teens, and college students. But beyond the confines of the office, we are well informed of the latest research and technologies that can help kids with social-emotional, attention, and learning problems. Check out our other posts to learn more about the latest innovations to help these kids.

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- [“Failing at Normal: An ADHD Success Story”](#) by Jessica McCabe

This TedTalk is by Youtuber Jessica McCabe, an adult with ADHD sharing her story. In this video, Jessica describes what she struggled with as a child, as a teen, and as an adult before her diagnosis. Jessica describes what has helped her overcome the struggles of ADHD, and also provides hope for those watching that they can do whatever they want to do and be whoever they want to be despite their ADHD. [Jessica’s Youtube channel](#) provides so many ADHD tips and resources as well.

- [“Adolescents with ADHD, #ADHDSpeaks”](#) by [CADDAC Center for ADHD Awareness Canada](#)

This video is an important one for adolescents with ADHD to watch because it does a great job at showing adolescents that they are not alone in their experiences. Not only do the teens in this video describe their experiences and situations to make other teens feel less alone, they provide facts as to how common ADHD is and how it affects teens. This video also emphasizes how having ADHD does not mean you are not smart or not capable, which is so important for teens to hear.

- [“Faces of ADHD”](#) by John (JB) German

John German is a 17-year-old high school student with ADHD, and this TedTalk is great for teens with ADHD because he

describes his experience. This shows teens that their experience is shared and they are not alone in what they are feeling and experiencing. He talks about what works for him and how he uses his hobbies to benefit him and his expression of his ADHD. This is a very inspirational and relatable talk for teens.

- [“ADHD sucks, but not really”](#) by Salif Mahamane

This talk is by [Salif Mahamane](#), an assistant professor of psychology at Western Colorado University, who talks about ADHD and his research. He starts off this talk with things that are often said to teens with ADHD and describes the impact that has on those teens. He also talks about involuntary attention and how you may not be realizing how you get distracted. Salif describes ADHD in a way that goes beyond the definition, he talks about the types of things you experience and why.

- [“ADHD and Me: Tips from Teens Who Know”](#) by [Healthgrades](#)

This video is another video that does a great job of showing other teens experience with ADHD. They share their relief once they become diagnosed and how their diagnosis has helped them. They also share their struggles with judgment and focus with their ADHD. This is a very comforting video and can be helpful to watch right after a diagnosis of ADHD.

- [“I started ADHD medication at 19 years old”](#) by [Sophie Marlo](#)

In this video, Sophie takes you along with her on her journey of testing out ADHD medication. At the beginning of the video she talks about her experience with the diagnosis process and her symptoms of ADHD. Then, she daily vlogs how she feels each day she takes her medication, how the medication is affecting her, and the process of controlling the doses she takes. Sophie does a good job of describing what she is feeling. Keep in mind that this is her experience and your experience can

and likely will be different.