

Understanding Tics / Tourette Syndrome

WHAT IT IS

tics are movements and/or sounds that are involuntary. This means they happen without my awareness or control. Sometimes, I can feel them coming, but I can't stop it.

Think of them like an itch or sneeze. You know it's about to happen, but you have to let it out. It's nearly impossible and really uncomfortable to hold it back,

Tics can be anything from a small head movement, nose wiggle, or throat clear to really disruptive movements, sounds, words, or phrases.

HOW IT WORKS

- Basically, my brain accidentally sends a signal to a part of my body to move or make a sound.
- Different emotions, places, and activities can make tics happen more frequently.
- When my body does a tic, the brain likes the relief it gets (like scratching an itch), so it makes it happen over and over again.

IMPORTANT FACTS YOU SHOULD KNOW

- I don't do it on purpose
- Talking about them can make them worse
- Ignoring them when they happen is the best reaction
- Feeling stressed, overwhelmed, or even excited can make them worse

I AM STILL ME

Having tics doesn't change who I am. There's a lot of famous people who also have tics including Billie Eilish, Tim Howard, Lewis Capaldi, and many more

STATISTICS

- 1 in every 162 kids have Tics
- Tourette Association of America is a resources for learning more