

Learning and thinking differences

are real.

Learning and thinking differences are variations in how the brain processes information. They affect how people learn, work, and interact.

are common.

1 in 5 people in the U.S. have learning and thinking differences like dyslexia and ADHD. And 1 in 4 adults have *some* type of disability.

are misunderstood.

There are many myths about learning and thinking differences. Lack of awareness and knowledge can create stigma and lead to bullying or even discrimination.

 **Learning and thinking differences aren't related to intelligence.**

Trouble areas

- Reading, writing, or math
- Keeping up with conversations
- Getting and staying organized
- Shifting or sustaining focus
- Daily routines and transitions
- Making decisions
- Following multi-step directions
- Self-control, managing emotions
- Working memory

Ways to help

1. Build knowledge and understanding of learning and thinking differences.
2. Be an ally and advocate at school, at home, in the workplace, and in the community.
3. Be aware of stigma and issues people with differences and disabilities face, like higher dropout rates and underemployment.