



BSA SAFETY MOMENT

ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

SUMMARY

Attention deficit hyperactivity disorder, or ADHD, is a brain disorder found more commonly in children, but adults can have it as well. It involves difficulty with keeping attention, controlling one's urges, and in maintaining the ability to act appropriately in response to different situations.

GENERAL INFORMATION

ADHD may include problems involving inattention, hyperactivity, impulsiveness, or any combination of these. Symptoms include:

- An inability to give close attention to details.
- Making careless mistakes.
- Difficulty paying attention during tasks.
- Not seeming to listen when spoken to directly.
- Difficulty organizing tasks or activities.
- Struggling to follow through on complex instructions.
- Being easily distracted.
- Fidgeting.
- Difficulty awaiting one's turn.
- Interrupting or intruding on others.

No one treatment can cure ADHD, but many treatments exist that have proven effective in reducing its impact on overall functioning. An approach that is likely most effective includes parent training in behavior management, an appropriate educational program, individual family counseling, and medication when required. Scout leaders are recommended to discuss with the Scout's parents the approaches that are most effective, including the plan for prescribed medication during Scouting events.

How to Help

- Seat the Scout near a good role model.
- Allow extra time to complete work.
- Give clear, concise instructions.
- Ignore minor inappropriate behavior.
- Supervise closely.
- Remind Scout to check over their work.
- Praise appropriate behavior.

RESOURCES

- Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)—ADHD Overview: <https://chadd.org/about-adhd/overview/>
- American Psychological Association—ADHD: www.apa.org/topics/adhd/index.aspx