





BUT PERHAPS THE GREATEST SUPPORT FOR NEURODIVERSITY COMES FROM THE PUPILS THEMSELVES.



I ASSUME 90U'VE HEARD OF THE UMBRELLA GANG? A GROUP OF NEURODIVERSE PUPILS WHO HELP INSPIRE OTHERS WHO ARE NEURODIVERSE?



THEY'VE ALL NOW GRADUATED FROM SECONDARY SCHOOL AND ARE DOING THEIR OWN THING IN THE WIDER WORLD.















GEORGE, YEAR 7, AGE 11. NUTISTIC AND EXTREMELY DETERMINED HIGHLY ORGANISED FOR HIS AGE - HE ARRANGES HUGE SPONSORSHIP ACTIVITIES FOR CHARITIES.



LAUREN, YEAR 11, AGE 16 SHE HAS TOURETTE'S SUNDROME AND OCD YET CHANNELS IT INTO HER ACTIVISM. PASSION AND ABILITY TO GET THINGS DONE



WILLIAM. YEAR 7, AGE 12 ONLY 12, AND YET AN ACCOMPLISHED WRITER WITH ADHD WHO HAS ALREADY WRITTEN HIS OWN BOOK: "A GEAR THAT JUST WON'T TURN.



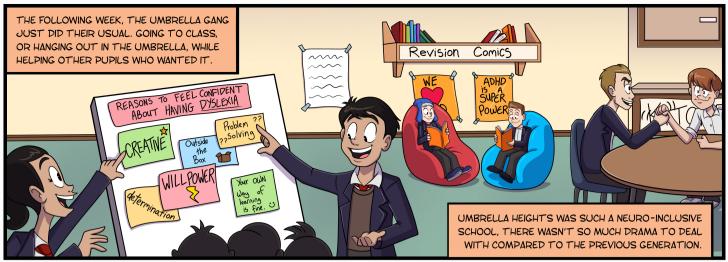
HE HAS ADHID ANXIETY AND ITS., YET IS A POWERFUL SPEAKER FOR THOSE WHO REQUIRE NEURODIVERSE SUPPORT

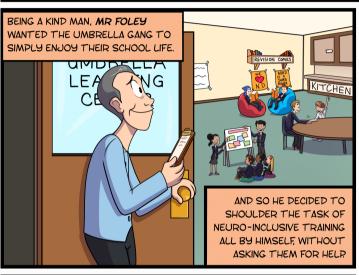


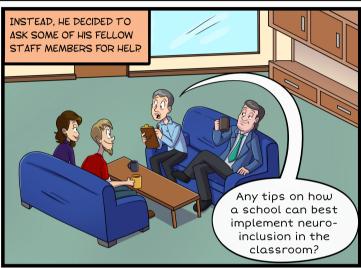




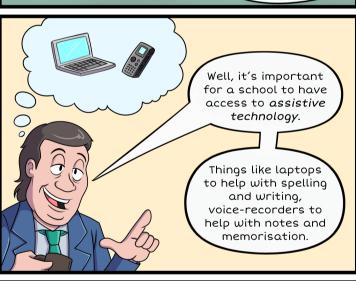


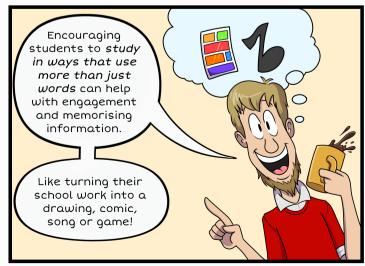


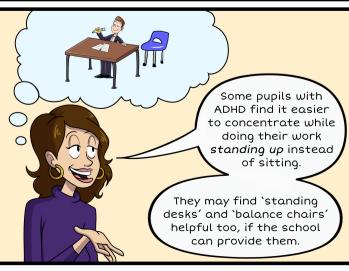






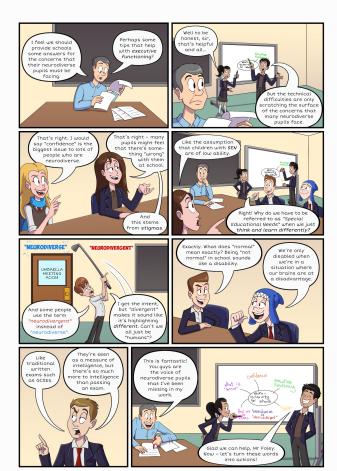


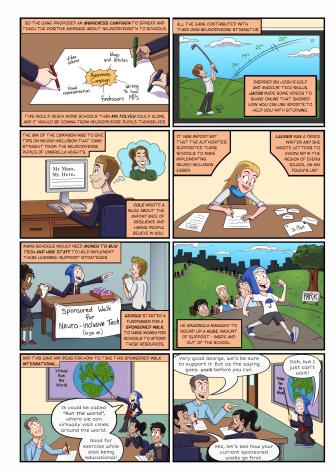






















































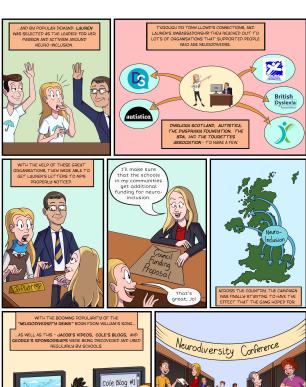


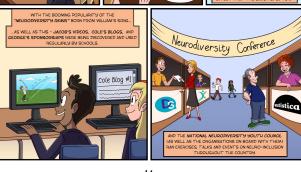
































A valid point!

I hereby





"Gave"

you? But.

You were



























































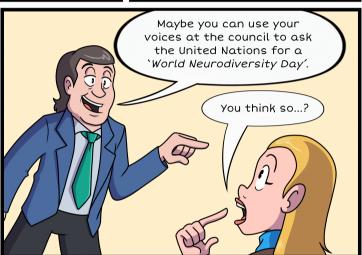










































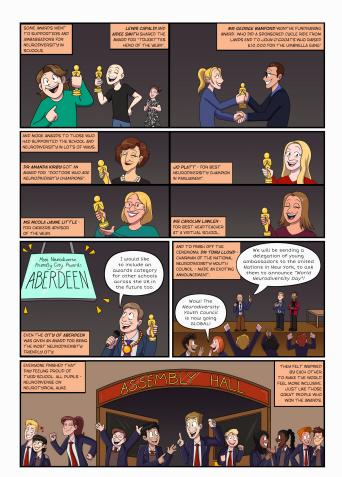










































TIPS FOR HOMEWORK



Homework
doesn't have to
be a battle, you
know.

Check out some cool tips below that'll give you a hand.

- Space: Find a quiet space to work. You'll work better wiith fewer distractions.
- 2. <u>Break it down</u>: Break your homework down into smaller goals and take a break between each goal.
- **3.** Ask for help: Ask a friend or family member for help if you're struggling with an instruction. Talking about it can help!
- 4. <u>Get Creative</u>: Doodle and draw your notes, or make a game out of it. Making it more fun can make it more effective.
- Tech Tools: Use apps or online sites that can help you understand your topic. Use spellcheck to help with spelling and grammar.
- **5.** Take Your Time: Don't stress yourself by rushing. Give yourself the time you need.



With today's <u>assistive</u> <u>technology</u>, there are more tools than ever before to help you out at school!

Here's a few cool apps and softwares for you to check out.

- Texthelp: Helps with reading and writing difficulties. Especially helpful for dyslexia.
- 2. Office 365: Provides many helpful functions for accessing text, such as "Read Aloud", "Office Lens" and "Immersive Reader".
- **3.** <u>Comic Life</u>: An app that allows you to create your own comics and graphic-style narratives.
- Grammarly: Great tool for helping you with your writing and punctuation.
- 5. <u>ClaroSpeak</u>: Text-to-speech software.
- **6.** Evernote: For note-taking and task-management, (great for those with ADHD).

SAFE AND SENSIBLE ON SOCIAL MEDIA



Social media's a big deal, right? If you don't use it already, you probably at least know someone who does.

But it can be a dangerous place too if you're not careful with HOW you use it.

So here's a few tips to keep you on top of being online:

- Don't share photos or personal info: Once it's online, it can be out of your control. Anyone might be able to see or use it.
- 2. Block anyone who bothers you: Some people like to bully and harass others online. Block them so they can't do it to you.
- **3.** Report Trolling: We call deliberately nasty behaviour online "trolling". If you report it, then those in charge can take action.
- 4. <u>Don't open suspicious messages</u>:

 A message or link that doesn't look right might contain a virus or could be a hacker. Be wary, especially if it's a message from a stranger.
- 5. <u>NEVER meet up with strangers</u>: Even if they seem trustworthy, it is easy to fake anything online. Tell a parent or teacher if someone online wants to meet up with you.

STARTING CHANGE WITH A <u>LETTER</u>:



Are there changes in your community that you woud like to see made for the benefit of neurodiversity?

Why not write
a letter to your
local MP or NHS Chief
Executive? Here's
a template you
could use:

A LETTER TO YOUR LOCAL MEMBER OF PARLIAMENT:

explaining how much it would help you if NHS assessments for neurodiversity were quicker:

[Your address]:

Dear ,	
σεαι,	
My name is years old. I am writing to you beco NHS waiting time for an assessme	ause I believe that the
could help a lot of people like me if it was quicker.	
My Neurodiversity is [Explain the ways in which your neurodiversity makes school difficult for you; as well as your strengths and superpowers].	
When I leave school, I would like to [Perhaps you would like to be an MP? Or a plumber? Or a doctor, engineer, or architect? Or to work in a shop, or to go to university, or to set up your own business?].	
Will you please write back to me are you intend to help? Thank you for your vice. [Then just write your name at the both]	your consideration and



NEURODIVERSITY CAN

Neurodiversity is just a way in which the mind works. Yet there are some people who still might feel insecure about it.

- They might be embarrassed if they find something more difficult in school than others.
- They might have been told by others to see neurodiversity (such as dyslexia or autism) as a disability or problem.
- They might think that because they struggle at something it means that they can't do it and just give up.
- They might be worried that people think they're dumb or lazy.
- They might not be aware of all the great traits and strengths of neurodiversity.

INSPIRE OTHERS!

There are also people who still don't understand what neurodiversity is and how it doesn't mean that something's wrong with you. Here's how you can help inspire others to understand better.



- 1. Show them learning strategies that could help them with their difficulties (like mindmaps).
- 2. Explain to them that there is nothing wrong with thinking differently and that at least 1 in 5 of the global population is neurodiverse.
- **3.** If you have been able to overcome a difficulty in class, tell them or show them that.
- 4. Reassure them that you don't think they're dumb or lazy, and encourage them to share their concerns with a trusted teacher.
- **5.** Tell them that many great people in history are neurodiverse, (see the next page).



UNDER THE UMBRELLA OF NEURODIVERSITY

Neurodiversity is simply thinking and learning differently. Great minds don't always think alike but great minds do think differently.

Your brain is as
unique as your
fingerprint. We're all
unique because nature
made us to be different
- not the same!

DID YOU KNOW...?

- Lots of famous people you learned about in history and science lessons also learn differently? (Albert Einstein, Leonardo Da Vinci, Amadeus Mozart, Walt Disney, Elenor Roosevelt, and so many more).
- That 40% of millionaires have dyslexia, and over 30% of senior leaders in industry have ADHD, dyslexia or both?
- Industries such as technology, engineering and science employ a high number of autistic people?
- 53% of young people born since 1997 identify as neurodiverse today?
- University graduates with ADHD are twice as likely to be entrepreneurs?

WHAT HAPPENS NOW? OVER TO YOU.

YOUNG PEOPLE'S MANIFESTO FOR NEURODIVERSITY IN SCHOOLS. HEALTH SERVICES & EMPLOYERS:

- Leach us in the way we learn most effectively.
- 2. Make schools more about preparing us for adulthood, employment and citizenship.
- **3.** Embed United Nations Rights for every child of every school.
- 4. School Success should be measured in ways that are not just about exam results.
- 5. Schools must be founded on mutual respect and kindness between both young people and adults.
- 6. Inclusive neurodiversity-friendly assessments.
- **7.** End excluding or dismissing people simply because they learn and think differently.
- 8. Neurodiverse teacher-training in every school.
- 9. Make sure that the school curriculum shines a light on great neurodiverse achievers and leaders.
- End unequal access to mental health services for children and young people with ADHD or autism.

"You deserve to be treated with respect. Believe in yourself and your ability to achieve whatever you set your mind to. It's okay to make mistakes. Be a good friend to people. Stand up to bullies. Be friendly to those who are lonely. Say sorry if you upset someone. Care about the environment. Care about injustice and unfairness. Be patient and forgiving of adults who are trying their best, even if they don't understand you. Be kind, be you, be here, **belong.**"

~ Dr Tony Lloyd, CEO of the ADHD Foundation



Learning About Your Rights...

ADHD **Foundation** The Neurodiversity , Charity

The UN Convention on the Rights of the Child





Until you are eighteen you are considered a child and have all the rights in this UN convention.

2

No discrimination of should ever take place relating to any quality of yourself or your parents/guardians.



All actions and you should be based on what is best for you or any child.

The government should make these

responsibility to quide you to learn your rights should respect this right.

You have the right to live and grow well, governments should ensure that you develop healthily.

7

You have the right to have your birth legally registered; have a name, nationality and know and be cared for by your parents.

and family life.

should only occur if it is

(

10

you are allowed to

11

You are not allowed to be taken out of the country illegally, governments must take steps to stop this.

12

think and have

13

You have the right to get & share information, if the harming anybody.

Did you know?

agreed in an Optional Protocol to the CRC that children under 18 should not be allowed

Parents should guide you to have the right believe and to respect 15

other children. You should not stop others enjoying their rights.

16

You have the right to protection from interference, privacy, and attacks on your character.

17

Accessing reliable, beneficial, and understandable information is a right you have.

18

a responsibility for parents.

should ensure you protect you from

20

You must be cared for by others if your parents cannot care for you.

21

If you are adopted the first concern must be what is best for you.



Did you know?

This Convention applies to almost every single country in the world!

22

If you come to a new country due to safety, you have the same rights as children born in the new country.

23

If you have a disability (or neurodiversity), you should have special care, support and education. 24

You have the right to quality healthcare, clean water and food so you can stay healthy.

25

If you are a looke after child, adults in authority must regularly review your needs.

26

Your society should provide you with social security that enables you to live in good conditions.

27

You should live
in conditions that help
you develop positively.
Governments should help
families achieve this

28

You have the right to education. Schools should respect your rights and dignity.

29

Education should develop who you are whilst encouraging you to respect your and other cultures.

30

(

You have the right to use the raditions, religion and language of your family.

31

You have the right to rest, play and participate in activities. 32

The government should protect you from work that is dangerous to your health.

33

The government should provide ways of protecting you from using drugs. 34

You should be protected from sexual exploitation and abuse.

35

The government should make sure you are not deported to other countries.

36

You should be protected from activities that harm your development or well-being. **37**

If you break the law, you should be treated fairly and placed in suitable accommodation. 38

The government should ensure you do not join the army under 15 years of age.



39

Special care should be given if you have been abused, in prison or exploited.

40

breaking the law, you must be treated with respect and given legal help.

41

If laws in your country are better than the articles of the Convention, then these laws should be followed.

42

The government should make the convention known to everyone.



*Disclaimer: This text constitutes a simplified version of the CRC, not the official text.

This is the 4th and final volume of 'The Adventures of the Umbrella Gang'. The story takes place at Umbrella Heights, a few years after Siena, Marcus, Andy, Josh and Charlotte have all graduated and left school. Instead we join Ruben, Elena, and a cast of new inspiring young pupils - who continue the Umbrella Gang's great legacy of empowering pupils.



Since the release of Umbrella Gang Volume 1, the ADHD Foundation has been working with Dekko Comics Ltd to produce more stories from the world of the Umbrella Gang. The aim of these stories has been to inspire, encourage and empower pupils at school who think differently. We are so proud to release this final instalment in the series.