

Adolescence and Tourette

Your experience, your voice, your space

A guide for young people and the adults who support them

Ticcami Cultural Association | La Tourette e Me - www.latouretteeme.it

You, before the diagnosis

Tourette's is a part of your life

You have interests, desires, and your own unique way of being in the world. Tourette's doesn't tell the whole story.

This guide starts from your experience: what's troubling you, what makes you feel good, and what help you'd like to receive.



Understanding Tics

Movements and sounds you don't choose

Motor tics involve the body, such as blinking or moving the head. Vocal tics produce sounds, such as clearing the throat.

These aren't gestures meant to be disruptive. Swearing only affects some people with Tourette's; it doesn't define the syndrome.



Different days, different tics

Tics can change over time

Tics change over time. Stress, tiredness or excitement can affect them. Having more tics on some days is not your fault.

Holding tics in can take effort. The people supporting you can ask how you feel and help reduce the pressure.



What others may not see

Your well-being goes beyond tics

Anxiety, difficulty paying attention, or repetitive thoughts may accompany Tourette's, but each person's experience is different.

What others cannot see may weigh on you more. Sharing it helps you find useful support together.

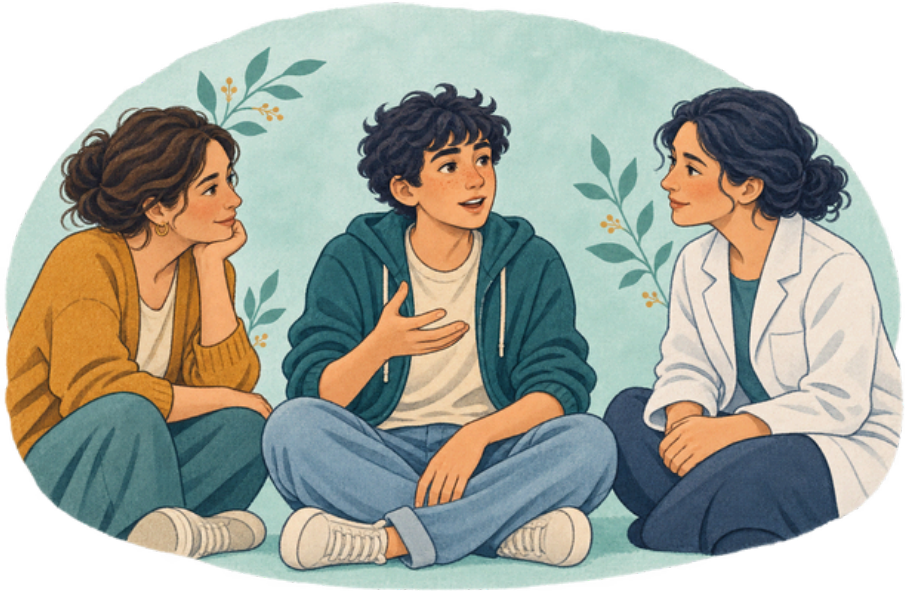


Your voice in care

Before deciding, others need to listen to you

Choices begin with your feelings and desires. Even the youngest children should be able to express their doubts and preferences, with understandable explanations.

Adults and professionals build your care plan with you. Good intentions are no substitute for listening.



Support chosen together

How you feel day to day matters

At appointments, share what you want to improve. Ask about the options, benefits and difficulties. You can bring written questions.

Your priorities matter. Review the plan together if it feels too demanding or is not helping as you hoped.



Your space at school

Support is planned with you

With your family and teachers, you can discuss breaks, clearer instructions, or a quiet environment. Start with the difficulties you actually face.

Strategies should be tested and reviewed by listening to you. If someone targets you, involve a trusted adult.



Friendships and relationships

You can choose when to talk about it.

You can talk about it when you feel ready: "These movements or sounds are tics. It helps if we just carry on talking."

Respect and trust matter in friendships and relationships. You don't have to constantly justify yourself to deserve space.



The future, on your own time

Autonomy also means asking for help

Your interests, abilities, and the support you need are what matter when it comes to your studies and new experiences.

You can take it one step at a time, change your mind, and let someone guide you. You don't have to prove you can always do it alone.





Your experience matters

Your voice deserves space

What you feel deserves to be heard. You can ask for explanations, express doubts, and participate in decisions that affect you.

Support starts with you and what helps you live better.

You won't always be able to communicate with all the people who should be helping you, understanding you, and trying to support you. Sometimes you'll just have to tolerate them so you don't feel left out, or you'll decide it's better to be alone than live the life others want. Awareness sets those with Tourette apart from those with Tourette — and YOU, keep ticcing to your own beat!



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