



## ADHD and WORKING for the POLICE FORCE or for the ARMED FORCES

The Armed Forces have strict guidance for enlistment. Recruits must be fit to serve anywhere in the world, in all environments where medical care and drug supply may be limited. If you are interested in a career with the Armed Forces you should personally contact them. The Armed Forces has stated that candidates with hyperactivity, uncomplicated by violence or criminality, absent for more than two years without treatment, may be fit for enlistment.

The police force has stated that "psychiatric/ developmental history is important in considering police recruits" but has no fixed policy on recruiting those with a history with ADHD.

## COMPETING in COMPETITIVE SPORTS



Stimulant medications used to treat ADHD are banned by the International Olympic Committee with no exceptions even for ADHD, however there have been arguments that this needs to be reviewed. The National Collegiate Athletic Association (american) recognises that ADHD treatment with these medications is important and would assess each individual to see if an exception to the rule of banning the medication can be made.

It is very important to inform your coach if you are taking stimulant medication for your ADHD so they can ensure they are adhering to the local and national rules if you start to play competitive sports. They should have the up to date information about the regulations of your specific sport.





## DATING and RELATIONSHIPS

- Dating and having relationships with others can be difficult for anyone but when you have ADD/ADHD, you might face challenges that others find hard to understand. Below are some examples:
  - **Problems concentrating and paying attention to others:**“Errrr.....What did you just say?”
  - **Missing important verbal and nonverbal cues:**“I didn’t realise you saying it was too noisy meant you wanted to leave!”
  - **Impulsively reacting or saying things that may be hurtful:**“Let’s leave your friend’s house...it’s boring now!”
  - **Quick temper and over-reacting to situations.**
  - **Forgetfulness:**“I completely forgot you had planned our date for tonight!”
- These challenges can make some people feel uncertain and self-conscious, which in turn can create problems when it comes to dating and relationships.
- Impulsivity can also mean that some people with ADHD jump into relationships that are perhaps not right for them, without thinking first. Although you may initially be attracted to someone who will provide you with the excitement and high energy you are looking for, a relationship with two people who are impulsive and leap without thinking can lead to poor decisions for both of you.
- Young people with ADHD are more vulnerable and are often involved with risky behaviours. This includes engaging in sexual activity at a young age, usually resulting in teen pregnancy and sexually transmitted diseases (STDs).
- Young people untreated for their ADHD are 10 times more likely to get pregnant/cause a pregnancy than young people without ADHD.
- 16% of young people untreated for their ADHD are likely to contract an STD compared to 4% of young people without ADHD. That means you may be 400% more likely to contract an STD than any friends who do not have ADHD.
  - You can always seek contraceptive advice from any health professional or family planning clinic and the information is kept confidential.
  - It is important that when you are in a relationship you both understand how ADHD might affect it so that issues that arise can be addressed more easily.

**Compliance and effective treatment of your ADHD can help reduce these risks. It will help reduce the impulsivity of these risk taking behaviours**



## FAMILY and FRIENDS

- Adolescence can be a difficult time for anyone, as a young person moving away from childhood to adulthood expectations are raised. Peers become increasingly important in a teens life, often more influential than parents. Parents can find this very difficult and it results in increased conflicts and tension within the household. Try to be patient with your parents/carers as they too are trying to learn about giving you increased independence and responsibility.
- Your friends and family members may not understand your behaviour and judge you because of it. This can be very difficult especially as you become older and are trying to define who you are and how you fit into the world.
- Let your friends know you have ADHD and give them some information about it as this could help them understand some of the difficulties you may face. So rather than you then being left out of the group you can become included and this in turn will raise your self esteem and make you feel better about yourself.
- Remember communication is most important especially at this difficult time in your life of transition to adulthood.

**Taking your medication regularly will reduce your ADHD symptoms and help improve relationships with your friends and family.**





Log in

Username: \*\*\*\*\*

Password: \*\*\*\*\*

## INTERNET SAFETY

- Do not give out personal information when you are chatting online
- It can be dangerous meeting someone you have only met online. Do so only if your parent/carer agrees and can be present or knows your exact whereabouts
- If you enjoy chatting online it is safest to only chat to your friends and family you have actually known first before going online
- If anyone makes you feel uneasy whilst you are online make sure you tell your parent/carer or a trusted adult

