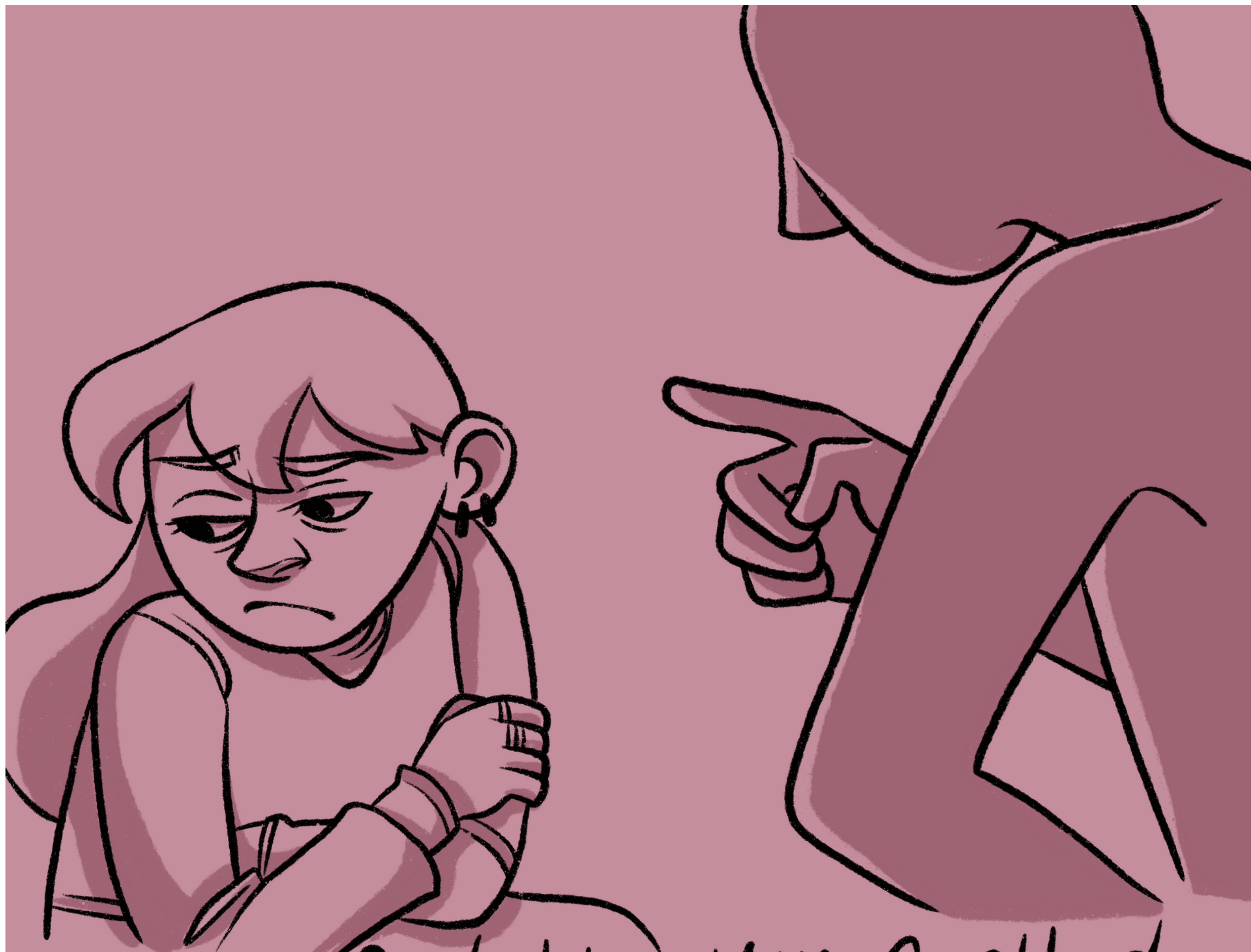


Have you ever been told that
you're a problem child?



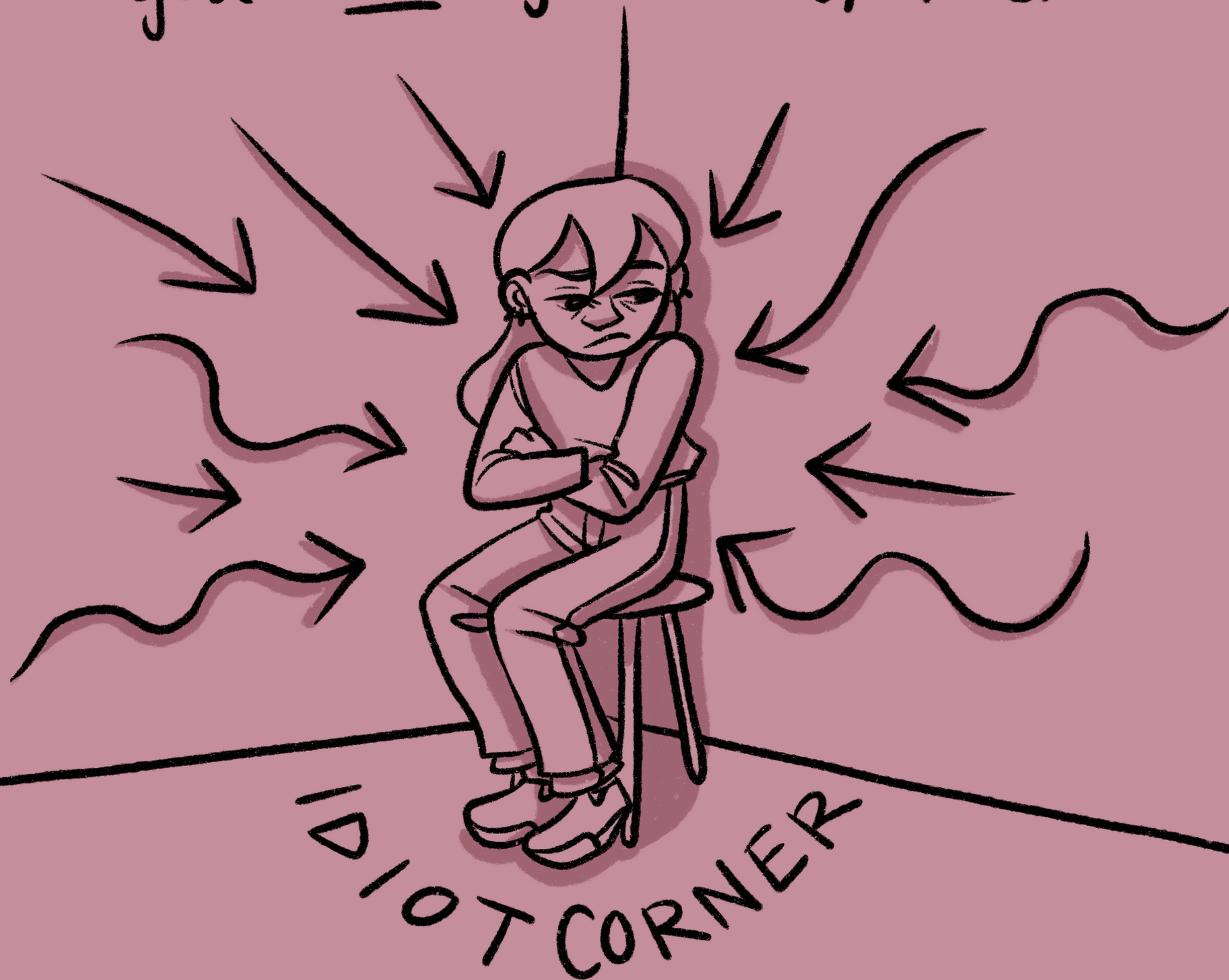
flow





It can feel like you can't do anything right, and the powers that be don't understand you.

Sure, you make mistakes sometimes,
but they make you feel like
you are your mistakes.

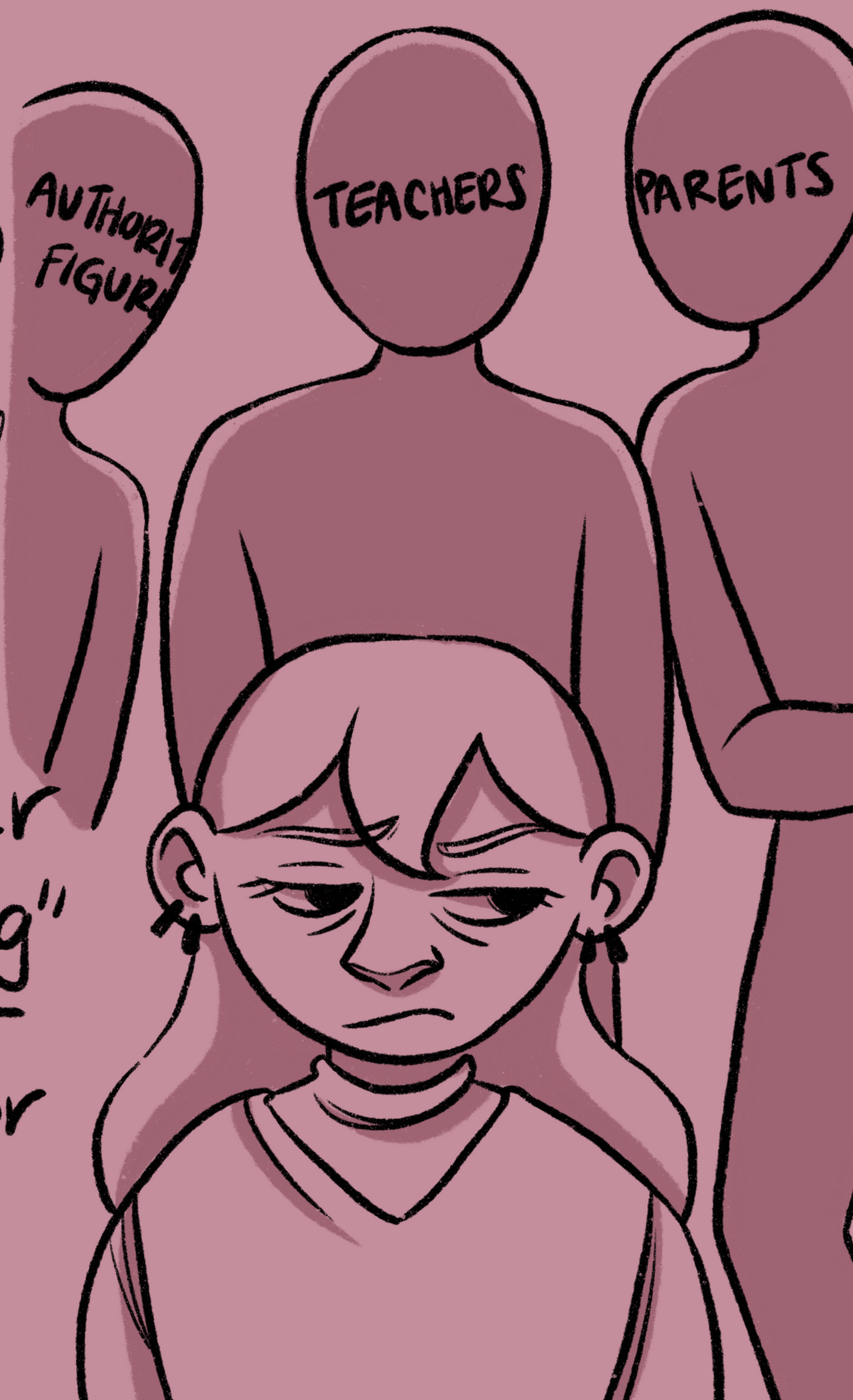


You have trouble sitting still,
or staying on task. That
doesn't mean you aren't trying.



That doesn't mean you want to
be "bad".

And like you
have no reason
to trust the
people around
you who's job
it is to help
you, when your
"troublemaking"
is usually just
you asking for
help.



Explaining yourself to the adults
in your life can be really
hard, but important to get the
help you need.





IDIOT CORNER

Maybe you need more one on one help. Maybe you need a fidget toy. Maybe you've just been having a hard time emotionally.

None of those things make you "bad" or a "problem child." You just might need different help than others do.





And that does not make you
any more unworthy of the
time + attention that you need.