

TOURETTE SYNDROME (TS)

A Practical Guide for Teachers

Understanding today creates an inclusive classroom where **every** student can thrive.



What Are Tics?

Tics are **involuntary** movements and sounds caused by a neurological condition.

Tics are **not** intentional.

Not all tics are words.

Examples:

- Eye blinking
- Shoulder/neck movements
- Throat clearing
- Sniffing, grunting, whistling, etc



Tics May Change

Tics may increase and decrease over time. Tics may change in frequency and intensity.

No two children with TS are alike.



TS Often Occurs With

- ADHD
- OCD
- Anxiety
- Depression
- Autism spectrum disorder
- Social withdrawal



To Do In The Classroom

- Minimise attention to tics
- Provide quiet/safe space
- Maintain predictable routines
- Focus on the student, not the tics

Stay calm.



Avoid In The Classroom

- Telling to “stop ticcing”
- Punishing tic-related behaviour
- Drawing attention to tics
- Reacting with frustration

Negativity increases tics & stress.



TS Is Not

- Not contagious
- Not a joke
- Not bad behaviour
- Not done on purpose
- Not controllable

Let's build understanding.



THE STUDENT IS A CHILD FIRST.

They deserve respect, inclusion and equal opportunities.
Your support builds confidence, belonging and success.