

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.

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.