



FOCUS. THRIVE. GROW.

5 MYTHS ABOUT ADHD (AND THE TRUTH)

CLEAR UP THE CONFUSION—KNOW THE FACTS



1

Myth: ADHD = laziness.

Truth: ADHD is a difference in brain wiring, not willpower (Barkley, 2022).

Myth: Kids outgrow ADHD.

Truth: Up to 70% continue to experience symptoms into adulthood (Brown, 2023).

2



3

Myth: ADHD is just hyperactivity.

Truth: Inattention and executive functioning struggles are just as impactful (APA, DSM-5, 2013).

Myth: Medication is the only answer.

Truth: Best outcomes come from combined treatment—skills, support, and medication when appropriate (NIMH, 2022).

4



5

Myth: ADHD is rare.

Truth: Roughly 1 in 10 U.S. children are diagnosed; millions of adults live with it too (CDC, 2023).

Myths fuel stigma. The truth is, ADHD is common, treatable, and support changes lives.