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## What is Tourette Syndrome?

Tourette Syndrome is a medical condition.

Kids and adults with Tourette Syndrome have tics.

Tics are sudden, rapid movements or sounds that your body makes.

Your body cannot stop or control the tics.

Kids with Tourette have both motor and vocal tics.

Common motor tics are: blinking your eyes, twitching your nose, nodding your head, shrugging your shoulders, movements of your hands, arms or legs.

Common vocal tics are: clearing your throat, sniffing, humming, making noises, saying a word over and over again.

Tics are caused by having too much of a chemical in your brain that everyone has.... but kids with Tourette syndrome just have too much of it.

Tourette Syndrome is hereditary.... it is passed down in your genes.

You are born with Tourette Syndrome and you have it for your entire life.

However, most kids usually don't start to have their tics until between the ages of 5 and 8 years old.

If you have Tourette Syndrome, you will have symptoms by the age of 18 years old.

Tourette Syndrome is not contagious.

Kids with Tourette Syndrome do not choose to have it and they did not do anything bad or wrong to cause them to get it.

Kids with Tourette Syndrome are just like everyone else...except they have tics.

Kids with Tourette Syndrome are just as smart as other kids.

## What can you do to help kids with Tourette Syndrome or any difference?

Just be aware.

Never make fun of someone for something that they cannot control.

Be understanding and patient towards others

Encourage kids not to make fun of other kids and stick up for the victim if you see it happening.

**Any questions? Contact the Tourette Syndrome Association, Inc.**  
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