

So, what is dyslexia?

Information for children and young people



Dyslexia is when someone has a different way of understanding and doing things. This can make it more difficult for people to do things like reading and writing or remembering to do things. At least 1 in every 10 people has dyslexia – it can be mild or quite severe.

People with dyslexia are not stupid – some of the most successful people in the world are dyslexic. They just need a bit of support to do things that other people take for granted.

Here are some things that young people with dyslexia have said:

- Words ‘jump around’ the page when I’m reading and I lose my place
- I’m good at speaking but find it much harder to write ideas down
- I’m very forgetful and find it hard to organise things like projects
- I get sore eyes, headaches and feel really tired after school
- Copying from the board is hard
- Sometimes I say words in the wrong order
- It’s hard to read words that start with certain letters like ‘**ph**one’ and ‘**ph**ysics’
- I find it hard to follow instructions - it can take a while for something to ‘click’

People with dyslexia can experience a range of emotions – they can feel confused, worried, angry or just down. It might feel like no-one understands what you are going through and that there's nothing that can help.

It's not all bad!



People with dyslexia have lots of skills as well. They can be very creative and practical. Lots of actors and celebrities have dyslexia.

They can be really good at visual thinking – that is seeing things in your head. Lots of architects and engineers have dyslexia.

People can be really good at speaking and meeting people. They are good at coming up with new ideas. Lots of business people and entrepreneurs have dyslexia.

Do you think you might have dyslexia?



Don't be scared to ask for help. You could speak to your parents or a teacher. Schools have lots of good support for pupils with dyslexia and they can do things to help you. This could be something like using a computer to help with things like spelling or having someone to help you read or write during exams. Remember, dyslexia is nothing to be ashamed of.

There is lots of helpful information on Dyslexia Scotland's website at www.dyslexiascotland.org.uk or anyone can contact our Helpline on **0344 800 8484** or helpline@dyslexiascotland.org.uk

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