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la Unión Europea

Tourette
THE PATH FOR INCLUSION
Co-funded by
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12 TIPS

FOR THE CREATION OF THE IDENTITY OF A YOUNG PERSON WITH TOURETTE'S SYNDROME

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AMPASTTA
Asociación Madrileña de Afectados con el Síndrome de Tourette y Trastornos Asociados

smallcodes

APST
Associação Portuguesa de Síndrome de Tourette

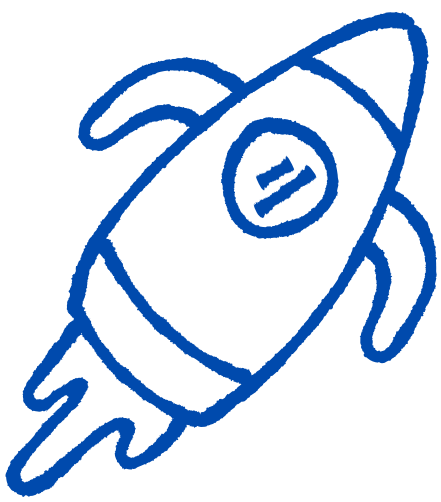
TOURETTE
Gesellschaft Deutschland e.V.

01.

PROMOTES SELF-ACCEPTANCE

Work to reinforce the idea that tics don't define who you are, but are just another characteristic. Promote acceptance of your condition so you can develop an identity based on all its qualities.

02.
FOCUS ON YOUR STRENGTHS



Highlight and enhance the unique skills, talents, and qualities you possess, beyond your diagnosis. This may include your creativity, sense of humor, intelligence, or social skills. By focusing on the positive, you'll help yourself see your strengths and not just your challenges.

03.

LOOK FOR SPACES FOR CREATIVE EXPRESSION

Creativity can be a powerful tool for young people to express their emotions, thoughts, and experiences. Encouraging artistic activities such as music, drawing, writing, or theater can help them find a way to communicate their feelings and develop a strong identity.

04.

UNDERSTANDING TOURETTE'S SYNDROME

Learning about TS in an accessible and positive way will give you the tools to understand your condition and be able to talk openly about it with others. This will allow you to feel more in control of your life and prevent misinformation from negatively affecting your self-esteem.

05.

CREATE A JUDGMENT-FREE ENVIRONMENT

It's vital that you feel safe and understood in your environment, both at home and at school. Family and social support is essential to being able to freely express who you are without fear of being judged or ridiculed. Working to raise awareness about TS among your close circle is crucial.

06.

PROMOTES RESILIENCE AND STRESS MANAGEMENT

Develop coping strategies to manage the emotional and social challenges that come with TS. Learning to overcome frustration, deal with anxiety, and accept difficult moments will help strengthen your identity and increase your confidence.

07.

STIMULATES SELF-AFFIRMATION

Talk openly about your condition when you feel comfortable and educate others about TS. Feeling empowered to affirm your identity and share your experience will help you develop confidence and trust in who you are.

08.

FOMENT POSITIVE RELATIONSHIPS

Build healthy and meaningful relationships with friends, family, and peers. Having a social circle that accepts you as you are will foster a sense of belonging and contribute to a positive identity.

09.

PROMOTES INDIVIDUALITY

It's important to explore your interests, passions, and unique personality. Encouraging activities you're passionate about, from sports to the arts to technology, will allow you to feel fulfilled and develop a strong identity based on your own tastes and choices.

10.

LEAN ON SELF-DISCOVERY

The process of forming an identity is ongoing. Explore who you are, what you love, and what defines you. This can include open conversations about your values, goals, and aspirations, beyond your medical condition.

11.

DEVELOP A POSITIVE SELF-IMAGE

Develop a positive self-image by emphasizing what you value about yourself. Promoting self-care and emotional well-being will allow you to feel good about who you are, strengthening your sense of identity.

12.

GET INVOLVED IN THE ST COMMUNITY

Connecting with other young people who also have TS can be a very enriching experience. Participating in support groups, forums, or activities for people with TS will allow you to share experiences and feel part of a supportive community.

This document is a result of the Erasmus Plus project "THE ROAD TO INCLUSION: YOUNG PEOPLE WITH TOURETTE'S SYNDROME EMPOWERING THEMSELVES TO BUILD A BETTER WORLD". This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information it contains.

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