

## Social Media Campaign Captions:

Post 1:

Hi! We're The ADHDe Project! We know you're busy and have a lot on your plate, but if you can give us approximately 45 seconds of your time we'd like to potentially change your life.

The ADHDe Project is a new University of Windsor initiative created to break down accessibility barriers on campus for people with ADHD and those who identify as neurodiverse.

We are...

- Student led (created and developed by a current student with ADHD)
- Built on the core beliefs of education, equity, and empowerment
- Ready to make the University experience amazing for ALL students

We will be offering...

- Free workshops
- Mini presentations
- ADHD resources and more

If you're still reading it means we have gotten your attention. Here's what comes next:

- Head to our website (search "the ADHDe project on the UWindsor website)
- Email us if you have any questions ([adhdeproject@uwindsor.ca](mailto:adhdeproject@uwindsor.ca))
- Enjoy the rest of your scrolling! We'll see you soon 😊

Post 2

"ADHD/ADD: a developmental disorder that is marked especially by persistent symptoms of inattention (such as distractibility, forgetfulness, or disorganization)" .... blah, blah, blah please someone tell me I'm not the only one who is tired of this "one size fits all" definition for ADHD.

So, lets switch it up a bit.

ADHD: a neurodevelopmental disorder. Symptoms can include distractibility, impulsivity, and hyper fixation. May also result in daydreaming, brilliant problem-solving skills, getting "a pleasure to have in class" written on your elementary school report card, and constantly bouncing your knee when seated.

Truth be told, ADHD isn't just a list of symptoms. It's not just a piece of paper with a diagnosis, and it's definitely not a synonym for lazy, stupid, or unmotivated.

## The ADHDe Project Social Media 2022

If any of this is resonating with you, swipe through all the slides on today's post to learn more about ADHD and the resources that are available for neurodiverse students on campus.

Need some support, some motivation, or just someone to talk to?

We're here (arrow down emoji)

[adhdeproject@uwindsor.ca](mailto:adhdeproject@uwindsor.ca)

Post 3:

Few quick questions...

-Do you ever feel overwhelmed or overstimulated, but you can't figure out why?

-Did you have trouble maintaining friendships when you were little?

-When you're doing something you're invested in, does three hours feel like three minutes?

Yes? Maybe a little bit?

Believe it or not, these are all lesser-known symptoms of ADHD.

We've been taught to believe that ADHD has one face; the face of a little hyperactive kid who won't behave in school. Not only does this stereotype represent an extremely small portion of the ADHD community, but it also leads us to believe that every person with ADHD needs to fit into that mold.

I can guarantee you; it is not a "one size fits all" disability.

Folks with ADHD: Do you have any random symptoms that don't fit the traditional definition of ADHD?

Post 4:

The ADHDe Project Presents...

Understanding ADHD, A Mini Presentation Series!

Bring The ADHDe Project into your classroom or office for a short presentation on ADHD and accessibility. We will cover

- The basics of ADHD
- How you can help to create an inclusive campus
- And where you can access supports and resources

In 15 minutes or less YOU can help to create a more inclusive campus!

Contact us at [adhdeproject@uwindsor.ca](mailto:adhdeproject@uwindsor.ca) to schedule your mini presentation.

## The ADHDe Project Social Media 2022

Post 5:

Calling all students with ADHD (or anyone who needs some extra study tips), this post is for you!

With the beginning of a new semester, the inevitable midterm panic may be setting in for some of you. First things first, take a breath and relax your shoulders. You're going to be ok; I promise. Here's how:

- Start exam prep earlier than you think you need to
- Try a multi-sensory approach to studying
- Set timers and take breaks

Need some more ideas on how to conquer your midterm stress? Swipe through all the slides for some suggestions from current UWindsor students with ADHD!

Post 6:

Welcome to ADHD awareness month!

Every October, [ADHDawarenessmonth.org](http://ADHDawarenessmonth.org) celebrates people with ADHD and raises awareness through themed campaigns, workshops, and events. This year the theme is "Understanding A Shared Experience".

In honour of ADHD awareness month, The ADHDe Project wants to acknowledge every person who has ADHD, regardless of diagnosis, gender, race, or religion. Although our brains may function in a similar way, we all experience our ADHD differently. Understanding how to support one another equitably while celebrating our individuality is important, and there's no better time to start than now!

For more information on ADHD awareness month, head to [adhdawarenessmonth.org](http://adhdawarenessmonth.org).

Post 7:

We asked a group of current UWindsor students with lived experience what they wish everyone knew about ADHD.

Here's what they had to say.

- I wish people understood that people with ADHD are not lazy, we are under stimulated.
- I wish people knew that everyone's experience with ADHD is different, we are not all the same.
- I wish people understood that people of all ages, races, genders, classes, sexualities, and accessibility needs can have ADHD.

Swipe for more things we wish everyone knew about ADHD!

## The ADHDe Project Social Media 2022

Post 8:

We're going live! 🎉

The ADHDe Project will be hosting an open discussion on TBD, 2022, on Instagram Live.

This panel will be led by our project coordinators and will include a panel of students who will share their personal experiences with ADHD, as well as general awareness information.

Can't wait to see you there!

Post 9:

To be honest, finding legitimate ADHD resources can be a pain. There's a ton of info to search through, stuff is disorganized, and it's rarely written in plain language.

You'd think that the people publishing the resources would have a better understanding of their target audience...

To make things easier, we've compiled a list of our favorite ADHD resources, that are also ADHD friendly.

Swipe through the slides for instructions on how to access the resource list (as well as some of our favourite Instagram resources) and let us know in the comments if you have any to add!

Post 10:

This is not the end, it's the beginning.

The beginning and continuation of an important conversation.

The beginning of a more accessible campus.

The beginning of new connections and relationships that were built through this campaign.

The ADHDe Project would like to thank (insert page name here), as well as all of the other groups that have volunteered their platform over the last several weeks.

Be sure to check out our website, <https://www.uwindsor.ca/ohrea/212/adhde-project>, to learn more about our upcoming events!