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The "Dear Colleague Letter and Resource Guide on ADHD”

https:// www2.ed.gov/about/offices/list/ocr/letters/colleague-201607-504-adhd.pdf

Since I was 11 years old, ADHD has affected my life and education. Throughout my years in school, I have had to deal with stricter punishments simply because I was expected to do worse due to my ADHD even when on medication. If I had failed an assignment and requested help for something I was rarely given any because the teacher either wasn't sure HOW to help me or felt I didn't need help because I was on medication. This behavior during high school, caused me to have such low performances and moral that at numerous points I thought that I would have to drop out. This is because while I was in high school there were no such protections or help for students with ADHD such as myself. While some others managed to get some form of help outside of school, I wasn't able to. I know that if my school had access or the resources I know I could have finished school with a better outcome.