‘My Child’ Neurodiversity Screener Information

What is it and what will it tell me?

The **My Child Screener** is designed to help you and the people supporting you understand more about **how you think, learn, communicate and experience everyday life**.

You might be doing the screener because some things feel harder for you than they seem to for other people, because you have questions about how your brain works, or simply because it would be helpful to understand you better.

There are no right or wrong answers, and this is not a test you can pass or fail.

What will happen?

You will be supported to answer a series of simple **yes or no questions** about you and your experiences.

You should try to choose the answer that feels most true for you. You don't need to overthink your answers or choose what you think somebody else wants you to say.

Depending on your situation, a parent, carer, teacher or another adult who knows you well might also provide some information. This can help us understand what things are like for you in different parts of your life.

What might the screener reveal?

Your answers can help identify **patterns in the way you experience things**.

For example, it might show that you have particular strengths or that you experience differences with things such as:

- concentrating, staying focused or managing situations
- reading, writing or understanding information
- communication and social situations
- routines, change or coping with emotions
- movement, coordination and organising tasks
- sounds, textures, lights or other sensory experiences

The screener looks at whether some of your experiences are similar to traits associated with **ADHD, autism, dyslexia** and **dyspraxia / developmental coordination differences**.

It can also show **how strongly your answers match different groups of traits** and whether it could be useful to explore something further.

This does not mean the screener can tell you that you "have" one of these conditions. A screener is not the same as a diagnosis.

How can knowing this help me?

Understanding your results can help make sense of things you may have wondered about before.

You might discover that something you find difficult isn't because you aren't trying hard enough – **you may simply need a different approach or the right support**.

Your results can help you and the adults around you:

- understand your strengths and the things you find more challenging
- find strategies that work better for you
- think about support or adjustments that could help at school
- explain your needs to teachers and other adults
- understand what might help you feel more comfortable and confident
- decide whether something should be explored in more detail

You will receive a **written report**, and guidance can also be provided to your education setting with practical ideas, strategies and reasonable adjustments that may help.

What will happen next?

Your results are a **starting point, not a label**.

They might suggest some useful changes or support you can try now. They might also suggest that you and the adults supporting you consider further assessment or exploration.

And sometimes, the most useful result is simply having a better way to explain **what works for you and what doesn't**.

Remember

The screener is about understanding you, not judging you.

Everyone's brain works differently. Your results don't change who you are. They give you and the people supporting you more information to understand your experiences, recognise your strengths and find ways to help you thrive.