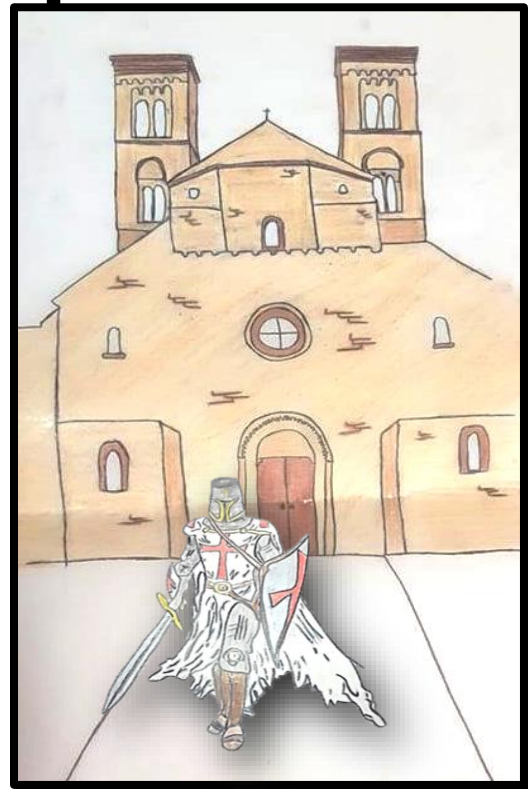
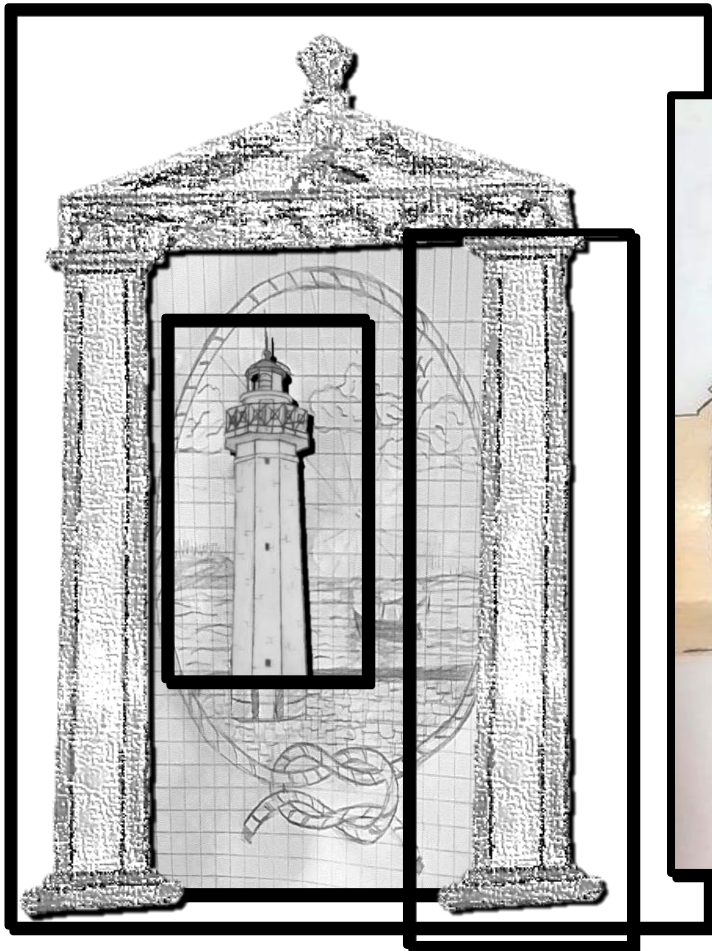


DYSLEXIC TEENS DIALOGUE

Suggestions and Tips for Yourself, Your Friends, Parents and Professionals!



MALTA – ITALY

2020–2023



Suggestions and Tips for Yourself and Your Friends

- ❖ Reading aloud can help learn faster.
- ❖ Get help for writing down notes.
- ❖ Keep an open mind as regards career choice; do not put yourself undue pressure. Make the choice yourself.
- ❖ In cases of 'bullying' get help to deal with the bully, do not confront yourself.
- ❖ With some effort anybody can reach the same standard as the others. Help them make the effort.
- ❖ Take it step by step (finish one goal at a time).
- ❖ Study what you like (you will more likely do better at school) as it will guide you for your future career (not everything has to be planned).
- ❖ Keep up to date with what you know and do not know.





- ❖ Take time to discover your strengths and weaknesses to understand yourself better.
- ❖ If you feel frustrated or you cannot accept your situation, ask for help and support.
- ❖ Do not be afraid to ask for help when you do not understand something.
- ❖ Take time to look back and see how far you have come and what you have achieved so far.
- ❖ Do not allow yourself to let people judge you based on your weakness. Stand up for yourself and do not give up.
- ❖ Take time for self-discovery, even if this needs to be done alone.
- ❖ Help yourself by learning how to design and use mind maps for shortening notes, or graphic organizers (designs) that will help you understand a topic with keywords.
- ❖ Learn about study tools and methods so you can study more efficiently.



- ❖ Keep in mind that you are not your school marks.
- ❖ Time management is a key tool to use to balance school work and leisure. Get help from **friends** and parents.
- ❖ **Friends** can be a study buddy.
- ❖ Study difficult subjects and topics with a **friend**.
- ❖ **Friends** can give positive reinforcement.
- ❖ Make **friends** with other students with dyslexia so you can learn from their experiences and ways of working.
- ❖ Seek advice from **friends** or other students who have done the course before you.
- ❖ Build networks of support that include **everyone!** 😊



Suggestions and Tips for Parents.

- ❖ Practice listening, understanding and empathy. Allow your child to state their opinions.
- ❖ Be aware of the facts about dyslexia and keep up-to-date with information and research.
- ❖ Comfort your child when they're feeling low for any reason.
- ❖ Help by reading aloud.
- ❖ Help in writing down notes together.
- ❖ Be a study buddy.
- ❖ Establish a good relationship with the teachers at school and with other professionals who can help.
- ❖ Give positive reinforcement.
- ❖ Encourage and support your child at all times.
- ❖ Learn about study methods and work together with your child to teach them how to study and work using different tools.



- ❖ Boost the children's self-esteem and help them accept that they are dyslexic.
- ❖ Do not be negative in your approach. Find out what they like and focus on the positive.
- ❖ Do not keep telling your child "Not to give up".
- ❖ In cases of 'bullying', empower your child to deal with the bully, do not confront yourself.
- ❖ Do not compare to other siblings or other students; it's not encouraging.
- ❖ Point out to the child that dyslexia is not a disease but it is something special about the child. Take time to explain what dyslexia means.
- ❖ Talk to the experts of dyslexia.
- ❖ Help your child cope with their work but do not do it for them.
- ❖ Have the IQ measured so that they do not see themselves as stupid.



- ❖ Encourage them to do practice other skills and discover other abilities.
- ❖ Challenge and stimulate your child so that they will not give up.
- ❖ With some effort all children can reach the same standard as the others. Help them make the effort.
- ❖ Parents should encourage but not force.
- ❖ Give financial support when necessary.
- ❖ Give quality time to your child and establish a good relationship.
- ❖ Never give up on your child but do not overload.
- ❖ Let your child move at their own pace.
- ❖ You do not have to be a 'teacher' to support your child at school and with homework.
- ❖ Show interest and keep up to date with what is going on at school.



Suggestions and Tips for Professionals.

- ❖ Practice listening, understanding and empathy. Allow your students to state their opinions. Ask, do not assume.
- ❖ Be aware of the facts about dyslexia and keep up-to-date with information and research.
- ❖ Give help in writing down or sharing notes.
- ❖ Give positive reinforcement.
- ❖ Do not be negative in your approach. Find out what they like and focus on the positive.
- ❖ Do not compare to other siblings or other students; it's not encouraging.
- ❖ With some effort most students can reach the same standard as the others. Help them make the effort.
- ❖ Obtain financial support when necessary.
- ❖ Allow your students to progress at their own pace.



- ❖ Schools need to organize conferences and talks to create awareness of the different profiles and difficulties.
- ❖ Schools should give students more time for homework and not to give a lot of work all at once.
- ❖ Use the principles of Universal Design for Learning and not one method for all students. We are different learners.
- ❖ Consider different methods of assessment to include all students' abilities and learning styles.
- ❖ Design a student-friendly school programme and encourage the use of mind maps and other study tools.
- ❖ Support your students.
- ❖ Listen to and ask your students.
- ❖ Give choices, ask your students what they prefer, they are the experts in their own life. Do not take decisions for them.