

ADHD Self-Check for Girls

Focus in Class

- ☐ Do you have trouble paying attention, even when the topic is interesting?
- ☐ Do you start homework or chores and then forget to finish them?
- ☐ Do teachers or parents say you seem distracted or daydreaming?
- ☐ Do you lose track of what you were doing when something else catches your eye?

Staying Organized

- ☐ Is your backpack, room, or desk messy even after you clean it?
- ☐ Do you often lose papers, pencils, or your phone?
- ☐ Do you forget to turn in homework or miss due dates?
- ☐ Do you wait until the last minute to get things done?

Feelings & Friends

- ☐ Do you get upset easily or cry over small things?
- ☐ Do you worry a lot about what people think of you?
- ☐ Do you feel left out or different from others?
- ☐ Do you try to act 'normal' even when you're struggling inside?

Daily Life & Energy

- ☐ Do you talk a lot or interrupt people without meaning to?
- ☐ Do you get hyperfocused on things you like and forget time?
- ☐ Do you get moody, tired, or frustrated when your schedule changes?
- ☐ Do you feel like you work twice as hard just to keep up?

Scoring

Count how many bubbles you filled in:

- 0-5: Probably normal ups and downs.
- 6-11: You may show ADHD-like patterns — talk with a trusted adult or counselor.
- 12+: Many signs of ADHD — it might help to see a professional for an evaluation.

This checklist is just for awareness — not a diagnosis. Everyone's brain works differently!

Educational use only — not a medical diagnosis.

