A Guide to Understanding Dyslexia
My name is ____________________________

and I’ve got dyslexia.
Dyslexia means that your brain processes things differently to other people. It is a neurological condition.
When you read, write or hear something it can become all jumbled up or sometimes bits of information get lost and you can miss them. It means that you may struggle in literacy based subjects like English, history and geography.
1 in 10 people have dyslexia, including lots of famous people.

Jamie Oliver  
Richard Branson  
Keira Knightley  
Orlando Bloom
Usually if you have dyslexia someone else in your family will have it too, as it is passed down in families.
So, what does dyslexia look like?

“It affects different people in different ways.”
It can impact on the way you read.

You can:

- lose your place;
- muddle up words;
- read things incorrectly;
- not understand what you are reading.
It can also affect your writing so it’s hard to:

- spell words;
- organise your ideas;
- find the words you want to use;
- remember to use capital letters and full stops;
- and you can really struggle to copy off the board!
You might not remember the sequence of letters, so you might muddle up the alphabet, phone numbers, days of the week and months of the year.
You might forget things like doing your home work; packing your PE kit and following more than one instruction at a time.
It can take you longer to do things than other people, so you might be given 25% extra time in tests and exams.
It can mean that you might not enjoy school because you can’t do the work. You can sometimes feel frustrated and this can make you angry.

You can go very quiet or even be disruptive.
It can even make you feel tired as your brain has to work harder than other peoples.
So, what is dyslexia again?

It is a neurological (brain) condition that means you process words differently. It affects the way you read and write. It can even affect the way your brain deals with maths. It also means that your memory and the way you organise things is affected. But remember, be positive! It isn’t necessarily a disadvantage, just a different way of thinking.