

Transcript — Jackson, age 13: Day in the life with ADHD

[**On-screen text:** Jackson's story]

[**Description:** Gentle piano music plays. A teenager with box braids wearing a purple T-shirt stands in a bathroom, drying his face with a towel. Transition to Jackson, wearing a bookbag and lunch bag and holding his phone, opening the passenger door of a car and getting in. Transition to Jackson sitting on a couch, wearing a yellow-and-gray T-shirt.]

[**On-screen text:** Jackson, 13, ADHD]

Jackson: My name is Jackson Murchison, I'm 13 years old, and my diagnosis is attention-deficit disorder with hyperactivity, basically, ADHD.

[**Description:** A low-angle shot of Jackson outside, wearing a blue jacket. He walks to a gate and closes it behind him. We see two dogs in a yard.]

There's lots going on in my mind. Stuff jumps around. One thing's here and then you're like focused on that. And then something else comes up that you're like, "Oh!"

[**Description:** A low-angle shot shows Jackson sitting on a couch, speaking directly to the camera.]

Now your brain hops to that, and you're like, really focused on it.

[**Description:** Jackson sits at a desk holding a pencil, doing homework on a sheet of paper with text and shapes on it. He stares at the paper.

Transition to a low-angle shot of Jackson talking directly to the camera.]

Jackson: Sometimes I'm like paying attention, and my mind kind of falls asleep for a second, and it's weird. But like I stare into space a lot, and usually what happens then is I don't listen.

[**Description:** Jackson sits on a couch, wrapped in a blanket. He looks at a phone and turns it around to the camera to show a video game on the screen. Transition to a low-angle shot of Jackson on the couch in a gray sweatshirt, talking into the mic.]

Anything electronic: TV, Chromebook, phone, I will get drawn to it like a magnet.

[**Description:** Filmed from behind, Jackson, wearing a blue hooded jacket and carrying a duffel bag, walks through a parking lot at night toward a lit building. He walks in through a door. Transition to Jackson on the couch in the gray sweatshirt, gesturing with his hands as he speaks.]

I wish other adults and kids would know that, even though it doesn't seem like it, deep down, I am really trying to control my energy.

[Description: A hand organizes binders inside an open bookbag.

Transition to Jackson with a black hoodie over his head. Transition to Jackson sitting at a table, writing on a worksheet, then picking up a calculator.]

But this new school that I'm at is helping me so much. They've made me feel like they actually care that they're helping me.

[Description: Jackson sits on the couch, wearing a black hoodie, and speaks into a small mic. Transition to Jackson playing a saxophone.

Transition back to Jackson on the couch in a hoodie. He moves his left palm forward as he says "energy."]

I play saxophone, singing. It's like really cool to have not like one thing, but multiple things that you can kind of focus all of your ADHD and kind of energy into doing something that you really like and love.

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