

# Transcript — Pedro, age 14: Day in the life with ADHD

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

**[Description:** A guitar plays in the background. Framed photo of Pedro as a baby wearing a sun cap and chewing on something clear. Transition to a teenage photo of Pedro in a yearbook, dressed in a suit and tie. Transition to Pedro, a teenager with short, wavy brown hair wearing a green shirt sitting on the bed in his room. He waves.]

**[On-screen text: Pedro, 14, ADHD]**

**Pedro:** Hello, my name is Pedro. I'm 14 years old, and I have ADHD.

**[Description:** Shot pulls out to Pedro on his bed, with a dog next to him. Transition to Pedro lying down in his bed under the blankets. His mom is on the bed, hugging, comforting, and kissing him. Her glasses are on his pillow. Transition to Pedro sitting down on the couch next to his mom, who is wearing glasses and holding a laptop on her legs. They both look up at something.]

I remember one time, I couldn't sleep at night, and I was crying, and I told my mom I was nervous. Like, "What if in life I don't succeed?"

**[Description:** Framed family photo of Pedro, his mom, his dad, and his sibling at the beach.]

And she then told me that I have my whole life ahead of me.

**[Description:** Framed photo of Pedro and his family in a backyard. Transition to a framed photo of baby Pedro and his sibling lying on a bed, smiling.]

**[On-screen text:** Alenka, Pedro's mom]

**[Description:** A middle-aged person with blonde hair tied back in a ponytail, wearing a white T-shirt and denim clasp shirt, sitting on Pedro's bed.]

**Alenka:** In the beginning, he was sad because he felt that nobody understood him.

**[Description:** Pedro in the passenger seat of a moving car, looking out the window. The car stops, he kisses his dad, the driver, on the cheek, and gets out of the car.]

He was crying because he was very disappointed with something that he couldn't get. And he got so mad. And he said, like, "I'm not good. I'm bad. I'm the worst." And I didn't want that he feel that.

**[Description:** Alenka sitting on Pedro's bed. Transition to Alenka and Pedro sitting on the couch looking at a video on a laptop of Pedro and his sibling. Alenka smiles at Pedro.]

I was very scared. I didn't know what was AD [sic]. I thought that his life was going to be awful. I thought that he was going to need me forever.

**[Description:** Pedro and Alenka talking in the kitchen. Transition to Pedro and his family eating a meal around a table.]

But then, with therapy, he learned a lot. I learned a lot.

**[Description:** Pedro sitting on the bed in his room. Transition to Pedro lying down in his bed. His dog jumps on the bed and he plays with the dog. Transition to Pedro brushing his teeth and drying his face with a towel in the bathroom.]

**Pedro:** Just felt like one day I was told, "Hey, you have ADHD." And then, every single day onwards, it's just now I know I have ADHD.

**[Description:** Pedro and his dad in front of a mirror. His dad is brushing Pedro's hair. Transition to Pedro, now wearing his backpack, giving his mom a kiss and hug in the kitchen.]

My family... a lot of times I get distracted. And, like, if I get in trouble, they'll try to explain to me what I did wrong. And then, I don't listen. And then, they calm down, explain it again, and that time I understand.

**[Description:** Pedro takes a sip of bottled water as he sits on his bed. Transition to Pedro wearing a backpack and pulling a wheeled bag as he walks the grounds of his school. Transition to Pedro standing outside his open locker, looking at a schedule. Transition to Pedro carrying books in his arms and walking down the school hallway. Transition to Pedro sitting on the bed in his room.]

With teachers, they'll give me notes, they'll explain things to me. And they're always so nice, and they make sure at all times that I know what's going on. And I get special accommodations, and it's great.

**[Description:** Pedro eating at the kitchen counter, wearing headphones and watching something on his phone. Transition to Pedro sitting on the bed in his room.]

If there's something that I really, really, and I mean really like, I can hyperfocus on it and tune out anything else.

**[Description:** Pedro sitting still, staring off at something. Transition to Pedro eating at the kitchen counter, taking food out of a container someone is holding and putting it on his plate.]

Anything that causes my brain to have to reboot very quickly, that always gets me back in the groove. Any loud noises or call of my name will do it.

**[Description:** Alenka sitting on the bed in Pedro's room. Transition to Pedro getting a guitar lesson from an instructor. Transition to Pedro walking the grounds of his school, carrying books, opening a door, walking down the hallway and into a classroom.]

**Alenka:** I think that it's very important for this kind of kid to have, like a teacher that pay [sic] attention to them, like a small group, so they don't get distract [sic]. So, we found an awesome school. It was easier to ask for accommodations. For example, to be, like, in the front row.

**[Description:** Alenka sitting on the bed in Pedro's room. She makes a swirling gesture with her hands next to her head. Then, she touches her right arm to her left shoulder.]

Or, when he was like traveling inside of his mind, to touch him a little bit, to grab his attention.

**[Description:** Pedro sitting in a chair looking at a piece of paper. Transition to Pedro sitting on the bed in his room. Transition to him sitting at a desk surrounded by papers. Transition to him putting papers in a binder.]

A lot of times, even when I'm trying my hardest to focus on something, I'll still drift off. And when I do come back, a ton of notes I just missed. And it adds to my homework. It makes me mad that it happens. But every day it happens less and less.

**[Description:** Pedro walking the dog outside. Pedro holding the dog in his arms.]

Whenever ADHD causes somebody to be stressed, they should always first...

**[Description:** Video of a younger Pedro sitting on the floor in front of a bed closing his eyes, then opening his eyes and breathing in, and then closing his eyes again. Transition to Pedro sitting on the bed in his room.]

...close their eyes, think of all the stress they have, then breathe in, think of every good thing there is in their life, and then breathe out.

**[Description:** Pedro and his family standing with their arms around each other, smiling and posing for a photo. The camera zooms in on Pedro.]

To have my family's support means everything, because if I didn't, that would hurt me. And I don't know what I would do if they didn't.

**[Description:** Alenka gives Pedro a big hug and kiss on the cheek.

Transition to the family sitting on the couch, smiling and posing for photos.

Pedro puts his head on Alenka's head.]

To anybody watching with ADHD, it doesn't make you worse or better than people. It just makes you a person with ADHD.

**[Description:** Pedro sitting on the bed in his room.]

So, don't ever let the world you're born into shape you. You are the one who shapes you.

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