

# Tourette Syndrome

Tourette Syndrome is a neurological condition that causes people to make involuntary movements or noises which are known as tics. Tics can be triggered by things including stress, excitement, or tiredness.

## People with Tourette Syndrome may:

- Make sounds known as vocal tics such as shouting, coughing or saying words.
- Show movements known as motor tics such as blinking, jumping or shrugging.
- Experience mental overload exacerbated by stress, excitement or tiredness.

## In Pony Club this may look like:

- Saying or moving in a way that can't be controlled.
- Experiencing more tics in a stressful environment, for example, at a rally or competition.
- Feeling tired or sore from trying to control or hide their tics.

## Did you know...

David Beckham, retired England footballer, six-time Premier League winner and England football captain for six-years, has Tourette Syndrome.

## How can we support Members?

- Be patient, do not judge and don't draw attention to tics.
- Ask the parent, carer or the child, (if appropriate), what works best for them and how they like to be supported.
- Do not laugh at the person, even if the person is using humour to mask the tic and encourage members to do the same.
- Understand individual stress triggers of Members and where possible reduce them.
- Remain calm and repeat instructions if necessary.

