



Trinity Core SEND Offer:

Tourette's Syndrome

What is Tourette's Syndrome?

- Tourette's syndrome is a neurological condition that causes you to make involuntary movements and sounds called tics.
- Tics are movements (motor tics) or sounds (phonic tics), but they are always involuntary, sudden, and not goal-directed like voluntary movements or the voluntary emission of words and sounds.

Motor tics might include:

- eye blinking
- neck and head jerks
- arm and leg movements
- pinching
- kicking
- hitting
- falling to the ground

Vocal tics might include:

- throat clearing
- grunting
- sniffing
- coughing
- repeating words or phrases
- animal sounds
- stuttering
- singing

Swearing is a rare tic that affects a small number of people with Tourette's syndrome.

Core Quality-First Teaching Strategies for Tourette's Syndrome

- Check pupil profile for specific triggers that may lead to issues in class.
- Encourage others not to stare at someone experiences tics.
- As far as possible carry on with activities as though the tics are not happening. This helps reduce the stress of the person having the tics.
- If tics interrupt speech, be patient and let him or her express their thoughts. Give thinking time in class before they speak as this reduces anxiety and helps to calm tics.

- Keep an eye on signs of distress and tics building up – remind pupils of their individual strategies and discretely encourage them to use them.
- If needed give pupils the opportunity to step out of the room, maybe to run an errand, to allow them to re-set themselves and calm the tics.
- Report any frequency of tics to the SEND Department.

Behaviour

- Have high expectations
- Do not issue behaviour points for disruption from tics