

## Telling Others about Your Leaky Brakes Transcript

[Male Speaker]

You know, you might think telling other people about my leaky brakes, why would I want to do that? Doesn't that just add fuel to the fire? Certainly what I thought, but you know it ends up not telling people about my leaky brakes, dumbest thing I could have ever done. Seems a bit backwards, you know, in a weird kind of way, telling people about your leaky brakes it actually does help rather than hurt. For one thing, it is kind of hard to hide your leaky brakes, so you don't tend to fool people anyway and so it just ends up making things more awkward. It makes it harder for people to make friends with you and then it gives the bullies more ammunition too. Another thing is that once you have to put all that effort into hiding it, then you have more energy to put in to the things and focus on the stuff you want to focus on like your friends or paying attention to the teacher. You know, it also turns the tables on the bullies. You know, once you've told everyone what's going on, it makes it a lot harder for them to tease you, you've kind of robbed them of material. What is he going to do at recess now? Come up to you and say "You make weird noises" I mean everyone in your classroom is going to look at you and go "well yes sparky, Tourette's syndrome, keep up with the program, we just talked about that". And you know finally when you just start telling people about your leaky brakes and letting them out it makes it a lot easier for people to get use to them, so it makes it easier to make friends too. Most people, including myself and the leaky brake club have found that once they start telling people about their leaky brakes they actually get better reactions than they thought they would. They start realizing that most people, they actually weren't mean, they didn't hate their guts, it was just they didn't know it was going on before.

[Female Speaker]

You have to tell people, if you don't tell people, well it could change, but it's not going to mostly get any better.

[Male Speaker]

So what is the best way to go about it then? For one thing, don't wait until there is already a problem; get it out of the way right away. That'll mean that you're not already feeling embarrassed or upset, you know, it doesn't give them a chance to start making their own assumptions and it's before they are going to being annoyed at you or embarrassed once they find out. Keep the language kind of simple, like we talk in the Brake Shop, that it's a leaky brake. But, there is other things you can say to, if its Tourette's syndrome, you can say, well it's like an itch I have to scratch or if its ADHD, you can say, well my attention goes all over the place like trying to hold onto a high power fire hose or you could say with my OCD it's like I keep getting this internet pop up ad popping up in my head over and over. I mean, you are using different metaphors that everyone is going to kind of understand. You know, there is a lot of myths out there about things like Tourette's syndrome, a lot of bad media portrayals. So you know people have seen that south park episode or whatever and so make sure you bring it up, say to them, we don't all swear. Of course I know it looks weird, I'd love to be able to stop it if I could and that sort of thing. Even throwing in a bit of humor is going to break the ice a bit so you know people are going to be more comfortable asking questions, you know saying something

like, if you do a tic like that and someone jumps you could look at them and say, I'm sorry, I have Tourette syndrome, do you need a clean pair of underwear. And finally, in terms of asking questions, that is actually a good thing, you want people to ask you questions, the people that don't ask you questions, they are the ones you need to worry about because they are just going off and making their minds up about you all on their own. When people ask you a question, it gives you a chance to explain yourself, they want to know more about you and so encourage that, say to people, you know, any questions you have don't be afraid to ask them. There is no such thing as a dumb question; there are only dumb answers, so I am the one on the hot seat. Now, just because clearly I like the sound of my own voice, doesn't mean that you have to talk to people when you're telling them about your leaky brakes too. There is lots of ways you can do it! Wear a wrist band, put on a pin, write a letter that you stick under the door of all the people that live in your apartment building, carry cards you can hand out to people explaining it, like our Brake Shop leaky brake club cards or post an online forum, upload a video, instant message someone. Now telling people your leaky brakes also doesn't mean you have to broadcast to the whole world. I mean, if you're going to be seeing the person a lot, or for a long period of time, or more than once, might make sense to tell them. But otherwise, if you're going out to a busy restaurant or something just kind of have what I like to call a reaction buffer zone, where you know some people in there aren't going to know what's going on, so give them a few free reactions without taking it personally. Now, in terms of if you need some help to do this, lots of places you can go, the Tourette's services foundation of Canada has their in service providers, the Tourette syndrome association has their youth ambassadors, there is examples of sample speeches online, you can ask someone that is working with you to write a letter for you. However you do it, just make sure you do it. Because, you know, if you don't and people are continuing to react, their laughing, their staring, getting mad, misunderstanding, kind of your fault too, because people can't read minds. They don't have a file in their head that says "things to do when someone barks at me". So, make it easy for everyone, just tell them what's up, and then however they react, whatever they do, that says something about them, not you. So I'm Dr. Dunk, stick that tool in your toolbox.

[Text at the end of video]

## Telling Others About Your Leaky Brakes

There are MANY benefits to telling others about your leaky brakes!

HOW to do it:

- Do it right away when possible!
- Keep the language simple!
- Address common myths and misunderstandings!
- Use humor!
- Encourage questions!
- Different WAYS to do it!

-wristbands, buttons, Brake Shop Club cards and more!

Many RESOURCES for doing it:

-TSFC, TSA, videos, sample speeches and more!

Fewer reactions are your reward for telling others about your leaky brakes!