

Learning Disability (LD): What Teens Need to Know

LD = Learning Disability

What is LD?



The term Learning Disability (LD) refers to a set of disorders that affect learning in students who have at least average thinking abilities.

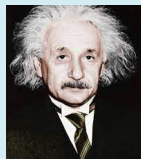
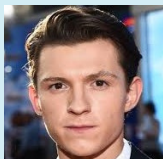
LDs affect the way a person remembers, understands, recalls, and/or communicates information.

How many people have an LD?

Approximately 5-15% of young people have an LD

Having an LD is Just One Aspect of Who Someone Is

Everyone has areas of strength and areas of weakness. There are many successful people with LDs. In fact, many scientists, actors, artists, and athletes have LDs - even Albert Einstein!



Did You Know?

Learning Disabilities affect one or more areas of learning.



An LD diagnosis means you have average or higher intelligence, but that school and learning is more challenging for you!



Technology can be used to work around a Learning Disability.



Everyone with a Learning Disability is different!

LD is a highly genetic disorder which often runs in families.



All brains grow with learning and all brains learn differently!



LDs impact the way our brain handles information.

It's not being lazy or stupid, or because you're not trying!

Other names for LDs include dyslexia, dysgraphia, and dyscalculia.



Processes Impacted by LD

Learning Disabilities affect one or more areas of learning and every LD can show up differently. Some of the ways teens can be impacted include:

How quickly someone works through information.

How someone understands and expresses language.

How someone sees information.

How someone hears word sounds.

How someone remembers new information.

How someone reaches their learning goals.

Half the battle is in knowing where the challenge is. Then you can find supports and strategies to help you reach success.



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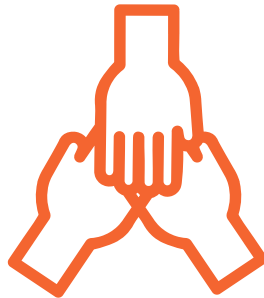
find understanding. build confidence. maximize potential.

Set Yourself Up for Success

Get to Know Your LD

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Advocate for Your Needs



There are many things you can do to manage your LD! Ensuring that you get regular exercise, sufficient sleep, and eat a balanced diet are important lifestyle measures to set yourself up for success.



Working With Your LD

Know Your Strengths

Find and use supports and strategies to access your strengths and level the playing field. These might include technology, tutoring, exam supports, and/or memory aids.

Ask for Help

Work with your teachers and parents to advocate for your learning supports.

Link to Post-Secondary and Workplace

Get to know your Individualized Program Plan (IPP)/ Learning Support Plans (LSP) - find the strategies that work for you and apply them!



Having an LD can make teens feel frustrated, question their intelligence, and/or experience challenges with peers. They may also be at-risk for: anxiety, depression, and risk-taking behaviors.

Counselling might be helpful! Counselling can help you gain awareness of your unique strengths and challenges, develop strategies, and prepare you for young adulthood!



Having an LD is Just ONE Part of Who You Are!

Everyone has areas of strength and areas of weakness.
Every teen has their own special interests, talents,
and personality - embrace them!

LD does not need to stop you from reaching your goals.



For More Information:

Foothills Academy (LD services and support for youth and families):
[FoothillsAcademy.org](https://www.FoothillsAcademy.org)

Understood (LD resources and community):
[Understood.org](https://www.Understood.org)

