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PATSA 4 KIDS

BI-ANNUAL NEWSLETTER



TAKE A PEEK!

TIKTOK CAUSES TICS?
PAGE 1

TELL IT LIKE IT IS
PAGE 2

GAMES
PAGE 3

GET INVOLVED
PAGE 4

TIKTOK CAUSES TICS?

BY SHERRIE M. WIVELL

Have you heard anyone talking about the social media platform TikTok causing tics?

We have heard from doctors that they are seeing more and more patients who present with the same tics. These tics come on fast too.

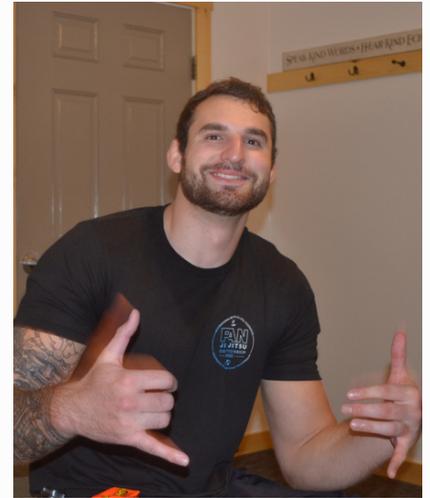
Turns out, many people affected watched a lot of TikTok videos during the pandemic & lock-down. Some of those videos were by popular people with Tourette syndrome. This new group of patients are mostly girls and they share a lot of the same tics. Since Tourette syndrome affects more boys than girls and tics are extremely varied, this new disorder is not Tourette syndrome. Some Doctors are calling it: TikTok induced Tics.

It is important for you to know about this new disorder so you can help other people understand. Also, you may hear people making jokes about TikTok causing tics, so you will know what they are talking about.

TELL IT LIKE IT IS

AN INTERVIEW WITH NICOLAS HAND

Nic is 25
years old and a
Jiu Jitsu athlete



Nic in action



- 1. What is the hardest part of having TS?**
The hardest part of having TS for me is dealing with it in social settings. Cursing and making sounds is always tough to explain to people I have a condition that i can not control too well. Also the exhaustion of tics can be overwhelming at times.
- 2. If you could tell your younger self something, what would it be?** "Don't take life so seriously."
- 3. What is something good about having TS?** The good thing about having TS is it has made me a better person and taught me to be respectful to others.
- 4. Can you name some of your tics?** Cursing, making noises and sounds, blinking hard, biting my lips/cheeks, etc.
- 5. How do you tell people about your TS?** I am straightforward if someone asks. I just tell them I have Tourette syndrome if they ask and that's kind of a conversation starter itself.
- 6. How are you involved with PATSA and why do you think others should get involved?** I volunteered at a recent PATSA event and had a great time! It's a good thing to get involved if you have TS or are a parent/sibling or know someone with TS.
- 7. What else would you like to say about TS, your school/employment or anything?** TS can be a difficult thing to live with but never let it stop you from doing what you love or living a fulfilling life.



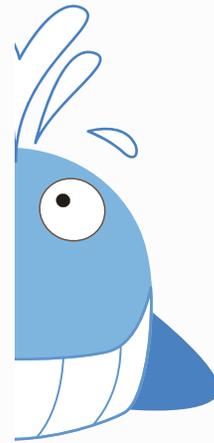
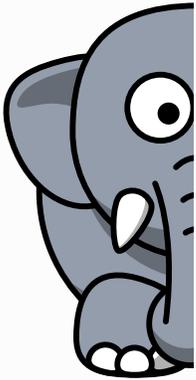
Nic & Steven
at Retreat 2021



The views of the interviewee do not reflect the views of the PATSA. Every individual experiences different tics, severity and co-morbid conditions. The above article represents the views and experiences of the interviewee alone.

GAMES

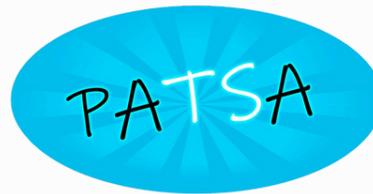
Finish the animals your way!



SUDOKU

Fill a number in to every cell in the grid, using the numbers 1 to 9
You can only use each number once in each row, each column, and in each of the 3x3 boxes.

7	2	3					4	
		9	1					
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9	5	4	3	8	2	6	7	1
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6	1	2	7	3	5	8	9	4
8	3	5	2	9	4	7	1	6
1	6	8	9	4	3	2	5	7
5	4	9	1	2	7	3	6	8
7	2	3	5	6	8	1	4	9

SUDOKU PUZZLES ARE PROVIDED BY WWW.SUDOKUOFTHEMAY.COM - VISIT THEM AND GET A NEW SUDOKU EVERY DAY!

OPPORTUNITIES FOR YOUTH

PATSA has lots of **VOLUNTEER Opportunities** for our youth members. There is bound to be something that interests you! Check out our website and Facebook page for ideas.

Youth Mentors--needed at camp and retreat to help with the student groups, make sure everyone is included, safe and having fun! (Clearances are needed)

Jr. Youth Mentors--youth aged 17-19 can apply to shadow current Youth Mentors to learn best practices to serve at our camp and retreat. (Clearances are needed)

TS Awareness Month--share our posts or make your own to promote awareness during May 15-June 15 each year.

Youth Board Rep--apply to serve as a representative to our Board of Directors. This one year commitment can help you gain experience and insight into what a Board does for a nonprofit organization. Use your voice to help us understand your needs and the needs of other children with and without TS.

Social Media--we are always looking for more people to create content for our many social media platforms. If you want to get involved reach out to Sarah@patsainc.org.

Fundraisers--take part in one of our events or create your own! We walk in the spring and run in the fall. You can create a birthday fundraiser online, sell lemonade or host a yard sale. Whatever you want to do, our organization will be happy to accept any funds raised to support our FREE services.



"Many hands make light work"