

GROWING UP WITH MULTIPLE SCLEROSIS (MS) ISN'T EASY!

I worked on **time management** in high school to manage **fatigue**. University will be tougher, but I'll **learn from my mistakes** and set up **accommodations** just in case.

I told my manager about my MS when I missed a shift, but I'm unsure about telling friends. **I worry they'll see me differently**. One friend knows, and it helps to talk. They **treat me the same** and keep it private.

YOU ARE NOT ALONE!
Hear what other youth have to say!

I was **scared to inject** my MS meds by myself, so I avoided sleepovers. My best friend encouraged me, so I tried—**now I do it myself!**

My mental health matters. **Stress worsens my symptoms**, especially around exams. I cope by **staying positive**, talking to my parents and therapist, **staying active**, and spending time with friends and my dog.

SWIPE TO SEE MORE ON HOW WE LEARNED FROM YOUTH GROWING UP WITH MS

Talk to your healthcare providers, therapists, parents, family, coaches, teachers, guidance counsellors, and friends about what growing up with MS looks like for YOU.

GROWING, LEARNING, AND THRIVING WITH MS!

GROWING UP & TAKING CHARGE

As youth with MS, we want to **take control** over our health. The move from child to adult MS care can be tricky, but with support, we can be healthy and manage MS confidently!

LEARNING HOW TO SUPPORT YOUTH DURING THE MOVE TO ADULT CARE

WHO
Researchers at SickKids and St. Michael's Hospitals in Toronto talked to 17 youth aged 13–24, to learn about managing MS

WHAT
Teaming up with youth, researchers put together all the youth stories to uncover ideas for how healthcare can better support youth during the move to adult care

TAKEAWAYS FOR YOUTH, FROM YOUTH

MANAGING MS IN REAL LIFE
MS isn't just about medical stuff—**school, work, and friendships are really important**, and I need support with them too as I move to adult care.

MANAGING MS IS A TEAM EFFORT
Healthcare providers can support us by sharing **practical tips**, pointing us to good **online resources**, connecting us with **other youth** with MS to learn from, and **including our parents** in our care.

SKILLS I NEED FOR ADULTHOOD
I'm learning how to decide when to **share** (or keep private) my MS, **build safety nets**, **set expectations**, and **hand off tasks**.

Talk to your healthcare providers, therapists, parents, family, coaches, teachers, guidance counsellors, and friends about what growing, learning, and thriving with MS looks like for YOU.