

# The cost of dyslexia on the child



The Human Cost of Dyslexia project was an amazing opportunity to bring together those impacted by dyslexia and the government legislators to gain a better understanding of the direct and indirect challenges and abilities of individuals with dyslexia. The aim was to ensure the understanding of the amazing contribution the dyslexic community makes.

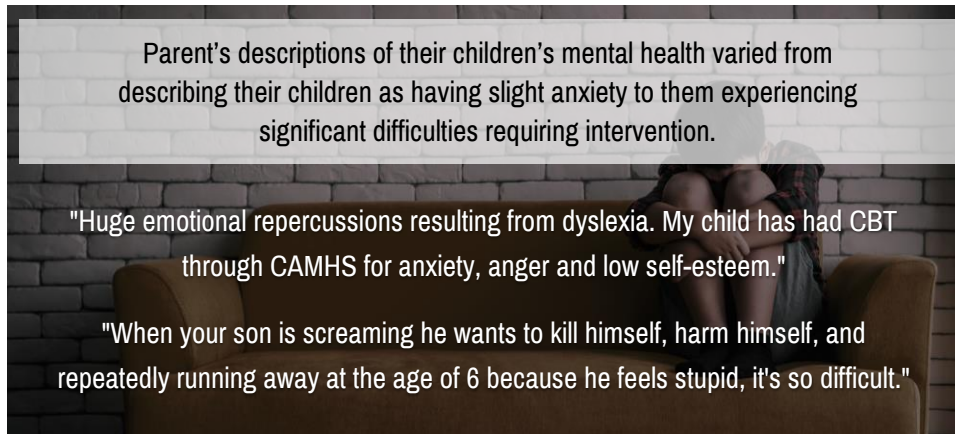
"This report is difficult reading. Anecdotally, we have heard it all before, but to see in cold hard statistics through expert and individual evidence, that hundreds of thousands of kids are unnecessarily anxious and undervalued, and millions of parents are struggling to give their children the support they need, is hard reading. This issue strikes to the very core of humanity."

Helen Boden, CEO British Dyslexia Association

## Key findings:

- 82 percent of parents said their dyslexic child tries to hide their struggles
- 88 percent of parents said their child has poor self-esteem because of their dyslexia
- 84 percent of parents said their child suffers from anxiety relating to their dyslexia
- 52 percent of parents said their child tries to avoid school because of their dyslexia
- 78 percent of parents said their child feels embarrassed because of their dyslexia
- 48 percent of parents said their child has been bullied because of their dyslexia
- 95 percent of parents said that their child experiences frustration because of their dyslexia

58 percent of parents reported that their children try to avoid discussing their dyslexia and a staggering 82 percent responded that their children try to hide their difficulties relating to dyslexia. This suggests that children and young people are uncomfortable, and experience negative emotions linked to their dyslexia. With 85 percent reporting that their children feel embarrassed by their dyslexia we believe that our data may demonstrate an association between dyslexia and mental health difficulties.



Over half of the participants' children try to avoid school suggesting that there is a potentially significant link between dyslexia and mental health difficulties. Given the current mental health crisis in schools, we feel that our data shows the need to acknowledge the impact that dyslexia has on mental health and that appropriate resources and funding be put in place to support both the educational and additional needs of young people with dyslexia within their educational setting.

What these figures illustrate is not only the emotional cost that dyslexia has on a child, but also implies how little we have moved on in developing an inclusive education system if our current system allows children to experience these emotions in relation to a disability, and fails to address these issues.

Sourced from: *The Human Cost of Dyslexia* - April 2019  
Modified for a global audience by: Get into Neurodiversity