

TALKING TO YOUR FRIENDS

When someone you love has ALS, life can feel different. You might have big feelings, lots of questions, and new responsibilities. It can also feel hard to talk about it — especially with friends. You are not alone. Many kids feel the same way.

Is it okay to talk about ALS?

Yes. Talking can help you feel less worried or alone. You get to choose who you talk to and when. Some kids like talking to:

- A best friend
- A teacher or school counselor
- A coach or trusted adult
- A family member

Some kids talk a little at a time. Some wait until they are ready. Both are okay.

What could I say?

You don't have to share everything. You can keep things private too. Here are some simple ways to start:

- "My dad has ALS. It means his muscles don't work like they used to."
- "Sometimes I help more at home because of ALS."
- "I might be sad or tired sometimes. Thanks for being a good friend."

If someone asks a question you don't want to answer, you can say:

- "I don't feel like talking about that right now."
- "I'm still learning about it too."
- "That's a question for my parents or the doctor."

What if my friends act weird?

Sometimes friends don't know what to say. They may feel nervous or curious. They may ask a lot of questions — or say nothing at all.

Most of the time, they still care about you.

You can help by saying:

- “It’s okay to ask questions.”
- “You won’t hurt my feelings if you ask kindly.”
- “Sometimes I just want to hang out and not talk about ALS.”

When talking feels too hard

There may be days when you don't want to talk — and that's okay. But holding everything inside can make worries grow.

You can try:

- Drawing or writing about how you feel
- Talking to someone you trust
- Asking to meet with a counselor or therapist

Remember

You did not cause ALS. You can't fix it, and it isn't your job. You deserve support, kindness, and time to be a kid. Talking about ALS doesn't make things worse. It helps people understand what you're going through — and helps you feel less alone. And you never have to do it by yourself.

Looking for more resources?



Our Mission: To unite and empower the ALS community through a collaborative approach of providing comprehensive care and support to individuals and families affected by ALS, advancing national and state advocacy, and fostering bold research initiatives.



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