



A message for young people for Dyslexia Awareness Week

I heard from my friends at Dyslexia Scotland that there are lots of exciting events taking place to raise awareness about dyslexia from 7th – 12th November.

Sometimes dyslexia can get you down but the way I handled it, it actually made me a better person all round. When I was at school, dyslexia wasn't really recognised – certainly not in the way it is now. Nowadays, help is never far away and families and teachers are much more aware. It certainly never held me back and I am sure it will be the same for you.

I am a professional footballer. If you really want to be one too, you have to work hard at it. Also remember you have two feet! Get into the habit of using the right and the left.

People with dyslexia often don't think like people who don't have it. We are often a step ahead. In football, I seem to have the knack of being just a bit ahead of the game and often see a situation develop a fraction quicker

than most. That is how I managed to stick a hat-trick in the net for Everton against Mr Mourinho's Chelsea.

You also have to find the right balance of playing football and making sure you stay on top of your school work. So don't neglect the class work or the homework. I know that can sometimes be a bit of a pain but, if you are achieving at school, then you can relax and enjoy your football more.

Maybe we will meet up some day at a Dyslexia Scotland event – you never know.

Good luck with following your dreams and get stuck in to the school work as well.

Best wishes
Steven

Steven Naismith plays football for Scotland and Norwich City Football Club and is an Ambassador for Dyslexia Scotland.

www.dyslexiascotland.org.uk/dyslexia-awareness-week