

Who to Tell	Why to Tell	When to Tell	How to Tell
Friends	<ul style="list-style-type: none"> • Increase emotional connection and honesty • Expand social and emotional support network • Eliminate secrets • Avoid misunderstandings • Provide opportunity for questions 	<ul style="list-style-type: none"> • Trust is established • You feel knowledgeable about NF1 • You feel respected by this person 	<ul style="list-style-type: none"> • Provide facts about NF1 • Explain how NF1 impacts your life • Share worries and concerns
Boyfriend/Girlfriend	<ul style="list-style-type: none"> • Increase emotional connection and honesty • Address and answer questions • Discuss implications for marriage and children • Avoid misunderstandings 	<ul style="list-style-type: none"> • After casual dating • After a relationship is firmly established • You feel respected by this person 	<ul style="list-style-type: none"> • Provide facts about NF1 • Explain how NF1 impacts your life • Share worries and concerns
Peers/Classmates	<ul style="list-style-type: none"> • Educate peers/classmates • Reduce rumors and staring at visible symptoms • Explain learning disabilities (if applicable) • Increase inclusion in social/school activities • Avoid misunderstandings 	<ul style="list-style-type: none"> • You feel knowledgeable about NF1 • You have a desire to teach others • You are ready and comfortable 	<ul style="list-style-type: none"> • Provide facts about NF1 • Provide a one-page handout • Partner with your teacher or friend • Take on the role of expert
Roommates	<ul style="list-style-type: none"> • Educate your roommate • Eliminate secrets • Reduce misperceptions • Increase an opportunity for friendship 	<ul style="list-style-type: none"> • After you get to know your roommate • After you feel comfortable with this person 	<ul style="list-style-type: none"> • Provide facts about NF1 • Explain how NF1 impacts your life
College application	<ul style="list-style-type: none"> • Explain any problems with your school performance • Clarify the need for special accommodations and resources 	<ul style="list-style-type: none"> • In your application essay • During your college interview 	<ul style="list-style-type: none"> • Talk with your high school college advisor and your parents
College disability services	<ul style="list-style-type: none"> • Obtain necessary resources and accommodations 	<ul style="list-style-type: none"> • Before you start classes 	<ul style="list-style-type: none"> • Schedule an appointment with your advisor and the student disability office • Bring your medical and neuropsychological reports
Employer	<ul style="list-style-type: none"> • Obtain necessary resources and/or accommodations • Explain potential absences for medical reasons • Increase the likelihood of equal and fair treatment at work • Avoid misunderstandings 	<ul style="list-style-type: none"> • Once your application is completed, you have had your interview, and are offered the position 	<ul style="list-style-type: none"> • Provide facts about NF1 • Explain how NF1 impacts your life • Describe the resources and accommodations you will need at work