

Hi everyone and today I'm going to be discussing everything you need to know about vocal tics.

1) tics can be long and complex phrases. They can be in context and they can actually have a linguistic meaning so sometimes they can look purposeful, however they're not, they are totally involuntary because the human brain is a complex thing so tics can be complex. If you hear someone yelling a whole phrase and maybe it's in context, it is still a tic. You should trust us because I think with the complex tics there is a lot of misunderstanding, and a lot of people have accused me of faking my condition when I'm not. I never have and I never will and I think nobody should have to be judged like that. So, I think that it's important for people to know that tics can actually be long and complex phrases and they're not actually purposeful, even though they may look it.

2) We do not choose what we tic! If I could tic non-offensive things rather than my coprolalia, I would, but unfortunately we don't really have a say in it. It's pretty much that my... I sort of described it like my brains got a three-year-old in it and it just wants to mortify me by yelling whatever I shouldn't yell in a situation which makes everyone stare at me.

3) Our tics don't actually have volume control, like I've had people ask me "Can you whisper that?" or "Can you say it quieter?" but unfortunately that's not really an option. I wish it was but if in public if I can not scream it or yell whatever I'm ticcing, and if I could whisper it instead that would be really great, but unfortunately that doesn't happen because our tics are involuntary. We don't get to choose the volume unfortunately.

4) I know that in the media, the discussion and portrayal of coprolalia can be seen as quite controversial, but although sometimes on TV it can reinforce the stigma that Tourette's is about swearing, I do still think it's important to raise awareness of coprolalia on both the TV and media and stuff because it does still affect us and it can have really long lasting social implications and can lead us to become withdrawn and stuff. We also face a lot of discrimination so I think it's important to rather than ignore coprolalia altogether, I think it's more important to actually change how it's presented. So, I think that rather than just viewing it's a funny thing - we should actually view it.... you can still view some of it as funny because I do agree that some of my tics are funny but it's important to also show the hard side and the difficulty that we face. I think it's also important that rather than actors pretending to have Tourette's in films and stuff I think we should actually have more portrayal of people who actually have Tourette's and I don't know documentaries and stuff and show me exactly what we face and not just the funny stuff.

5) Please don't get offended at our tics. As I said I have had coprolalia quite a lot and unfortunately people get offended but that can just make us feel really guilty because we don't want to be yelling these things. As I said we don't choose what we tic and stuff so I would just... I think understanding is really important - understanding that we don't control it so please try not to get offended because then we just get upset.

6) We're not actually thinking what we tic, like if I tic something offensive, people are like "Are you actually thinking that?" but I say "No I'm not". For me, I kind of say it's like a second brain or something, like I get this uncontrollable thought. It's like an intrusive thought that

comes into my mind and I'm thinking "Don't tic that, don't tic that" but it goes around in my head in a loop and then I'll uncontrollably say it, but it doesn't actually reflect my opinion at all so it's not what I'm actually thinking it's just I sort of involuntarily think what I shouldn't think and then tic it but it doesn't reflect my opinion and I'm not a horrible person for having coprolalia. If you don't know, coprolalia, which I've been talking about are the inappropriate and obscene tics and it only affects 10 to 15 percent of people with Tourette's but it still affects some of us and it can really have a lot of social implications.

7) I got this comment on one of my videos where people said "Oh that's not a tic, tics are only one word or two" but tics aren't necessarily just one word or two because as I said in my first point they can be full long sentences. and everyone's tics are different as it's a spectrum. There's very mild tics, there's very severe tics, simple and complex so pretty much anything the human body can physically do can be a tic. I've had vocal tics or up to 20 words long so there's a lot.

8) There is such a thing as observational tics, so sometimes if I see someone with a funny hair color I might yell something about that. I might accidentally comment on someone's weight or whatever, but it's really important to know that I don't actually mean it and as I said it's sort of like intrusive thought I think what I shouldn't think and then uncontrollably say it, but it doesn't reflect my opinion and I'm not a horrible person. It's sort of very impulsive and it sort of says the one thing you shouldn't say like a three-year-old trying to mortify me. But yeah, observational tics are a thing but they are not purposeful even though they may look it and they're not actually directed to anyone they're just uncontrollable - triggered

by certain aspects in the environment that we see, hear, maybe smell or anything else.

9) I actually don't mind people laughing with me about some of my tics because to be honest if I tic something very random - I'm not talking about offensive stuff obviously I wouldn't laugh at that. If I tic something very random... for example one of my favorite tics I had was when I would yell "Oompa Loompas are sexy" that was probably the funniest vocal tic I've had, but to be honest I laugh first usually so I don't mind people like my friends laughing with me but there's a difference between laughing with me and at me. If you laugh with me it kind of reassures me that you're not offended and defuses the tension but obviously there is a difference if you're laughing at me then it just sounds like you're taking the mick but laughing with me when we're all laughing together and you can see I'm not struggling with them. If you just sort of see it in a light-hearted way then it's good. I don't mind people laughing about my tics.

10) Some tics actually occur once and never happen again, like tics are usually said to be repetitive movements and sounds and that is true for some tics, however with my vocal tics, especially the coprolalia - obscene ones, inappropriate ones... that's basically the same thing, observational ones and random ones they can just occur once in an environment and then I'll probably never tic them again. That's sort of with my random outbursts and phrases so Tourette's is very random. I don't know where half of the things I tic come from. I've had people ask before "Where did that even come from?" right I'm like, I honestly have no idea I wasn't even thinking about it. As I said we don't think what we tic, it just... I don't even know my brain is just putting random words together that seem to make sense, it's weird.

11) Tics are not a behavioral problem, they are a uncontrollable neurological symptom. They are the brain misfiring signals, they're not psychological, they're not behavioral so obviously we can't help it and it's just misfired signals so please don't punish it and if you are a teacher or something and you have a student with Tourette's then obviously please don't send us out the class. I have been sent out of the class for ticcing before and it's quite humiliating because I obviously don't mean it.

12. I think I said this a couple of minutes ago but tics are of a spectrum of severity so as I said anything can be a tic, so vocal tics which is mainly what this videos about - they can range from maybe a whistle or cough or tongue click to certain words or maybe as I said whole phrases or coprolalia, echolalia which is where you repeat what someone said or palilalia which is where you repeat your own words and it can sometimes sound like stuttering. There is such thing as stuttering tics as well so obviously there's a whole variety of different tics you can have and what tic you get depends on the individual but tics always change anyway so sometimes you can just wake up with a new tic like "Okay I've got to live with this now" also when you develop new tics you don't know how long it's going to last. For example, I had one complex motor - it wasn't a vocal tic but I had one complex motor tic that lasted for years. I was pretty sick of that but then I have had some tics that only last a day which is very strange. I don't really know why.

13) Sometimes I find my vocal tics actually happen in a different voice. Some people have mentioned like when I'm vocal ticcing something, my voice sort of goes a bit high-pitched and shrill. That doesn't always happen

because sometimes I have ticced in my normal voice but sometimes you can easily tell if something is a tic because it'll sort of go in a high-pitched voice and you can usually tell it's not really me saying it.

14) Certain words become tics, so for example someone might tic the word "Ostrich" it can be that random but for me I found that it's more actually it's more about how the word feels that how it sounds, because before tics some people, including myself, get an urge and that urge needs to be fulfilled by the tic which is involuntary so for me I find that some of my most common single word tics were "Calculator" "Carrot" "Cactus"... and I think there's another one... "Canada" so yeah I had for word tics, well actually I've had a lot more than that but those ones happened around the same time and I think it's more about how it feels than how it sounds because I had to get the "K/C" sound because "Calculator" "Carrot" "Canada" and... why do I keep always forgetting one? Calculator, Canada, Carrot and whatever I just said a minute ago, I've already forgot it but it was the sound that I have to make as a tic and redirection can work for some people however obviously redirection doesn't work for everyone and I just find that because my vocal tics don't bother me that much if it is single words then I don't need to redirect it. It's just something that happens I guess, but yeah certain words become tics because of how they feel or sometimes it can actually be something you've heard, for example I have sometimes picked up things off TV and stuff so sometimes if you hear something and it sort of sticks in your brain if, it's like memorable or something or funny you might tic that. So that can sometimes happen and it's sort of the power of suggestion which is also why some people can pick up tics off other people with Tourette's, so it's quite strange.

15) Basically there's no intention behind our tics as I said we don't choose them, we don't intend to offend anyone if we tic anything inappropriate, we don't intend to tic anything really because it's involuntary and also are tics aren't actually directed anyone as I said they can be in response to things we see an environmental stuff or things we hear in the environment but they're not really directed because they're not us saying them. They are involuntary so we don't choose to say it therefore they're not actually directed to anyone in specific therefore we obviously don't want to offend anyone and we just hope you don't take offense.

I hope this video has taught you a bit more about vocal tics and Tourette's and hopefully at some point I can make a video about motor tics and stuff because that's also very important. Although I do find that my vocal tics are probably one of the most socially isolating symptoms because they're the most noticeable.

With motor tics they can be noticeable but I find that because my vocal tics can be quite loud you usually hear them before I even walk into the room so they're very noticeable, people can hear me coming. So yeah hopefully I can make one about motor tics too though as well so I hope you enjoyed this video. I hope it helped, bye bye.