

Movie

📅 Sat. Sep 27, 2025 10:40 AM - 12:10 PM JST | Sat. Sep 27, 2025 1:40 AM - 3:10 AM UTC 🏛️ Session
Room 8 (Meeting Room 1)

[MOVIE on ADHD] Lessons from "*Normal 17*": Rethinking ADHD Support Through a Family and Cultural Lens in Japan

Moderator: Keiko Takayama (NPO Edison Club), Sounosuke Kita (NPO Edison Club)

[MV-1]

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*Keiko Takayama¹ (1. NPO Edison Club (Japan))

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Keywords : ADHD in Japan、 High school girls with ADHD、 Family conflict

"Normal 17" is a powerful film that portrays the lives of two Japanese high school girls with ADHD and the complex emotional struggles they and their families face. Set in contemporary Japan, the film sheds light on how rigid cultural norms—such as the emphasis on group harmony, obedience, and conformity—can marginalize individuals who display behavioral or cognitive differences. In particular, the film critiques how intense parental pressure in the name of academic success can border on what is now referred to as "educational abuse," placing an overwhelming burden on adolescents with neurodevelopmental disorders. In families where values like effort, perseverance, and "not causing trouble to others" are held as absolute, children with ADHD are often misunderstood and forced to suppress their differences. This frequently results in emotional distress, fractured family relationships, and delayed access to appropriate support. While medical treatment—including the use of medication—has become more available, psychosocial and familial support systems in Japan remain underdeveloped. Most services tend to focus solely on the individual, neglecting the broader relational dynamics within families. This film not only advocates for a more inclusive and empathetic society but also emphasizes the need for psychoeducation to foster mutual understanding between individuals with ADHD and their families. It offers a compelling case for shifting from a deficit-based medical model to a more holistic support framework that integrates family involvement. Following the screening, a Q&A session will be held with the director and a representative of an ADHD advocacy organization who is also a person with lived experience. This will provide attendees with an opportunity to further explore the film's themes and deepen their understanding of the social and psychological challenges faced by individuals with ADHD and their families in Japan.