

International Down Syndrome Day

Celebration of Down Syndrome Day – Ending Stereotypes

Aims of session: Themed on work, work interests and life in general as young people and adults

- International day of celebration-powerpoint overview and reminders of – taken from research , Canada and Down Syndrome UK
- Boundaries and respecting each other – panel work with young people and adults. Circle of Friends supportive approach to asking questions
- Networking
- Sharing cake and fruit!!

What is Down syndrome?

Down syndrome is not a disease or illness, you can't catch it like a cold or a flu.



When babies are born with Down syndrome, they have it for the rest of their lives.

Down syndrome is not caused by something the parents did.



Anyone can be born with Down syndrome



It doesn't matter...

- ...if you are a boy or girl.
- ...what your nationality is.
- ...where you were born.
- ...if you are rich or poor.
- ...who your parents are.

Down syndrome just
happens, like winning
the lottery or flipping a
coin.



People with Down syndrome are just like everyone else...



Some people with Down syndrome will have similar features to others with Down syndrome – but not all as recent research is revealing

But most of all, they will look like their brothers or sisters and their mom and dad.



Talking about Down
syndrome

Use language that is respectful and
appropriate and we can help people feel
accepted, valued and treated with kindness.



Be accepting of each other and our differences.

Remember that differences are what make the world great!



Do not use hurtful
words
Boundaries

Acting mean, calling names, teasing and
hurting someone is unacceptable and hurts
their feelings.

ENDING Stereotypes

- Are we being hurtful
- Are we be inclusive and welcoming
- Are we using person centred/people first language

Use people first language

When someone has a disability and you are talking about them, always say WHO they are before anything else.

“This is my friend Ethan. He loves playing piano.”

“This is Susy and she is really good at soccer.”

“ My friend Maggie has three older brothers. She also has Down syndrome”

Describe who the person is first,
not their disability.





Avoid using stereotypes and generalizations when referring to people with Down syndrome

People with Down syndrome can experience lots of emotions; they can feel happy, angry, frustrated, excited, or sad.

Some like to sing and dance and others can be shy and quiet.

People with Down syndrome are all individual

People with Down syndrome can understand and do things just like you!

Some can have a hard time talking, writing, colouring or riding their bike.

Some can play instruments and play on your sports team.

They like to hang out with friends, go to birthday parties and be included in the classroom and in the community.

They grow up, may go to college, work and can live on their own, just like you might do!



People with Down syndrome may learn things slowly or in different ways.

Just like others, they might run slower or not be able to do the monkey bars.

They might write their letters differently or read slowly.

Sometimes they have to work extra hard to do the same things you are doing.



For professionals and support staff :

- Learning
- Seeing Ability
- Work and work interests
- Life in general as adults: friends, being in community, dating, marriage



They might get confused about what to do,
or they might have a hard time following directions,
or they might have to leave the classroom with
another teacher to help them practice some skills.

REMEMBER:

People with Down syndrome can do the same things
as others,

but it might take a little more time and practice
especially when they are learning something new.

How you can help...

Set a good example.

Be patient.

Offer a little help and encouragement,
fill their bucket!

But just like you, people with Down
syndrome have different ways of learning
and you'll see that they are more alike
than different!



People with Down Syndromes Living their Lives

In the community

In schools

In work

Following work interests and hobbies



We all have different abilities, strengths and weaknesses.



It is not a bad thing to be disabled—but it is a bad thing to not see the ability of people with Down syndrome and what they can do!



People with Down syndrome are important to their families and communities and can do many great things!



Frequently Asked Questions

Can people with Down syndrome ride a bike?

With a bit of practice, yes they can ride a bike as well as play sports and many of the same things others can do.

What should I say to someone that has Down syndrome?

Ask someone who has Down syndrome anything. As long as you are using language that is respectful and kind.

Can a person with Down syndrome live on their own?

Yes they can, some live on their own or with a supportive roommate.

Sometimes kids in my classroom act differently. What should I do?

The best thing to do is show the person the best way to act by modelling acceptable behavior, they can learn from you.

Fiona - Painter



Tazia - Painter



Michael Beynon - Baker



Ryan's Cookies



Supporting people who have Down's syndrome to live full and rewarding lives through accessing meaningful employment opportunities.

The Down's Syndrome Association developed the WorkFit programme to support people who have Down's syndrome to fulfil their career ambitions. We believe that everyone who has Down's syndrome can work if they want to and are supported to do so.

WorkFit Officers match candidates who have Down's syndrome with inclusive employers and support both parties at all stages of the process. WorkFit support is on-going for as long as it is needed by the candidate, their family and/or the employer.

Why get a job through WorkFit?



"My job makes me feel good and worthy. It has given me more independence. I like earning some money so that I can go out and buy things. I enjoy speaking to the customers and being part of the team."

James, Hospitality Assistant, South East



"We are so happy that Jack has a job and feels like other adults do when going out to work. Jack was listened to and included throughout the process. He is happy to go to work and looks forward to being paid and able to treat himself."

Parents of Jack, Recycling Operative, North East

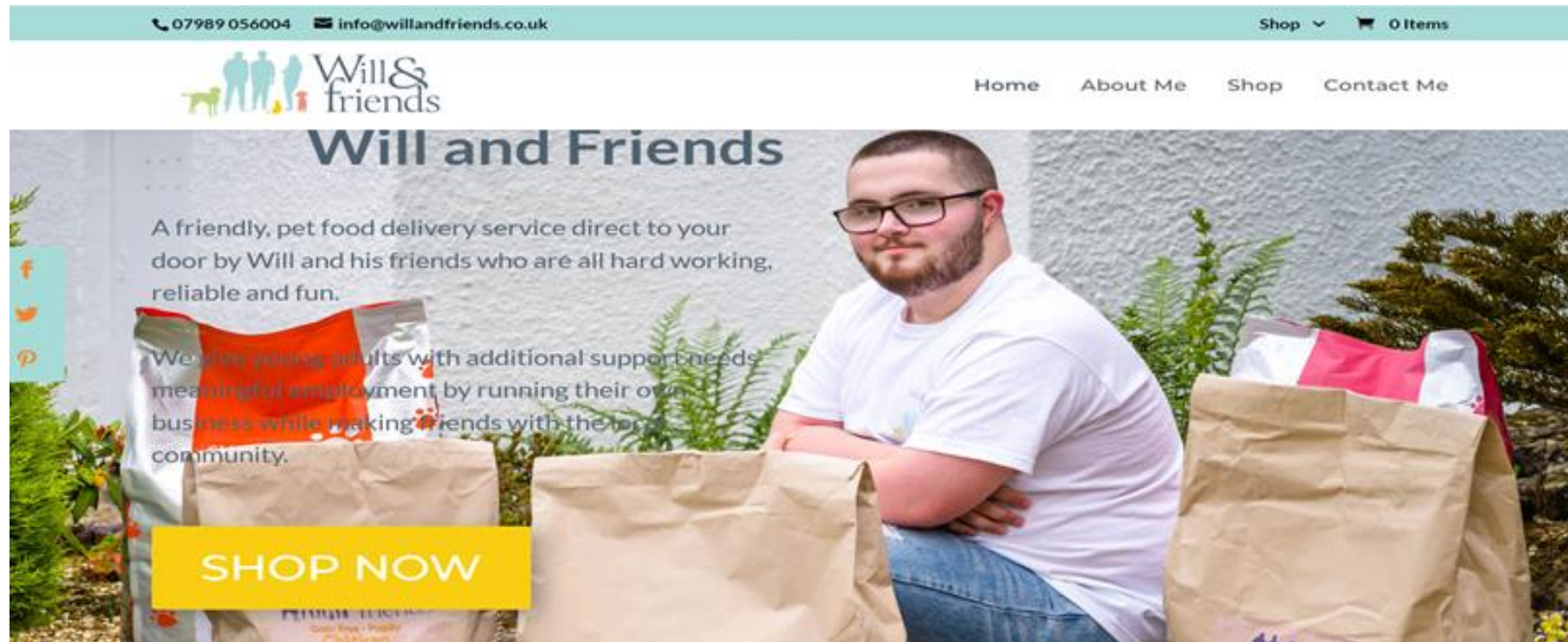


Through WorkFit you can:

- Do work that **interests you and fits your skills and aptitude**
- Be supported in **professional and personal development** to understand your work options and progress your career
- Enhance your **confidence and independence** through learning new skills
- Meet new people**, build your social networks and really feel part of a team
- Earn a wage**, giving you more spending power and choices

Our candidates tell us that they feel happier and healthier since starting their jobs.

Work – Young people with disabilities Group in Leeds



07989 056004 info@willandfriends.co.uk Shop 0 Items

Will & friends

Home About Me Shop Contact Me

Will and Friends

A friendly, pet food delivery service direct to your door by Will and his friends who are all hard working, reliable and fun.

We give young adults with additional support needs meaningful employment by running their own business while making friends with the local community.

[SHOP NOW](#)

The image shows a young man with glasses and a beard, wearing a white t-shirt and blue jeans, sitting outdoors with his arms crossed. He is surrounded by several large brown paper bags filled with pet food. The background is a light-colored wall with some greenery. The website header includes contact information, a shopping cart icon, and navigation links. The main content area features a large heading, a descriptive paragraph, and a call-to-action button.

Mar Galcerán - Spain's first parliamentarian with Down Syndrome



📷 Mar Galcerán attends parliament in Valencia. Photograph: José Jordan/AFP/Getty Images

Links Watch these short videos to hear people with Down syndrome speak about themselves:

- [Actor and Mencap ambassador, George Webster, dispels five myths about Down's Syndrome. - YouTube](#)
- [We are... \(youtube.com\)](#) -a short video from the Down's Syndrome Association made with and about people with Down syndrome
- **Find out more about World Down Syndrome Day and find resources to share with schools here:**
- [Home - World Down Syndrome Day](#) – info about World Down Syndrome, access to free resources.
- [Home: DSUK - Down Syndrome UK](#) – find out about World Down Syndrome Day
- [School Resources - Down Syndrome UK](#) – find resources for school to share about Down syndrome and World Down Syndrome Day.
- [World Down Syndrome Day - Downs Syndrome Association \(downs-syndrome.org.uk\)](#)
- [Lots Of Socks campaign - World Down Syndrome Day](#) Show your support for World Down Syndrome Day by wearing #LotsofSocks on 21st March 2024
- #WorldDownSyndromeDay #LotsofSocks #Endthestereotypes