

# DOWN SYNDROME Awareness

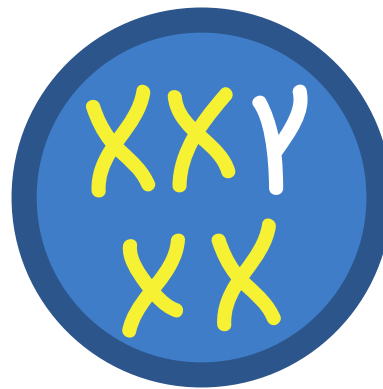
Having an extra chromosome means I may do some things differently, but I love to play, learn and be included just like you. Everyone is different and our differences make us all special!

A few of the common physical traits of Down syndrome are: low muscle tone, small stature, an upward slant to the eyes, and a single deep crease across the center of the palm.

Every person with Down syndrome is a unique individual and may possess these characteristics to different degrees or not at all

Down syndrome is the most commonly occurring chromosomal condition.

Approximately one in every 700 babies in the United States is born with Down syndrome - about 6,000 each year



There are three types of Down syndrome: trisomy 21 (nondisjunction) accounts for 95% of cases, translocation accounts for about 4%, and mosaicism accounts for about 1%.

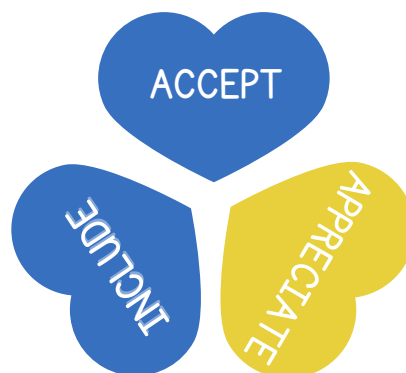


People typically have 2 pairs of 23 chromosomes, a person with Down syndrome has an extra partial or full copy of the 21st chromosome.



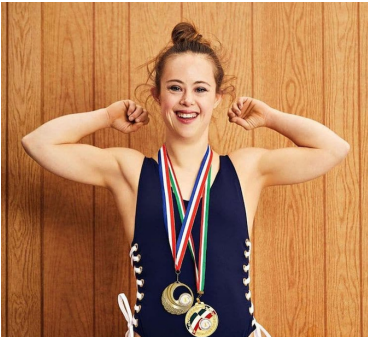
Life expectancy for people with Down syndrome has increased dramatically in recent decades - from 25 in 1983 to 60 today

People with Down syndrome attend school, work, participate in decisions that affect them, have meaningful relationships, vote and contribute to society in many wonderful ways



Quality educational programs, a stimulating home environment, good health care and positive support from family, friends and the community enable people with Down syndrome to lead fulfilling and productive lives

# #GOALS #ACCOMPLISHMENTS



Chelsea Werner is a Special Olympics gymnast and a model. She was unable to walk until she was nearly 2 years old, and was told she would always have low muscle tone. She became a four-time US National Championships winner in gymnastics at the Special Olympics.

After her win, she decided to start modeling, and has since been on the cover of Teen Vogue and walked at New York Fashion Week.



Actor Zack Gottsagen from the movie "Peanut Butter Falcon" alongside Shia LaBeouf and Dakota Johnson.



Chris Nikic- at 21 yrs old he entered the Guinness Book of World Records for becoming the first person with Down syndrome to complete an Ironman. He is now training for Ironman Hawaii.



Sujeet Desai is a musician from Buffalo, NY who graduated from high school with a 4.3 GPA before graduating from Berkshire Hills Music Academy 2 years later. Desai can play seven instruments!



Madeline Stuart- modelled at New York Fashion Week and has taken the modelling world by storm.



Mikayla Holmgren- the first woman with Down syndrome to compete in the Miss USA pageant (2017) and won two awards: the Spirit of Miss USA and the Directors Award



Jamie Brewer- you may know her as Nan on American Horror Story- Coven



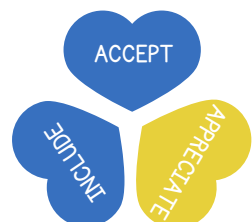
Actress Lauren Potter from the TV show "Glee"



John Lee Cronin- founder and owner, John's Crazy Socks



Actor David DeSanctis from the movie "Where Hope Grows"



# Resources for **DOWN SYNDROME** Awareness

## VIDEOS

**Just Like You Video:** This is a highly recommended video to show to students. Below the video there is also a link to a discussion guide with talking points. The video features individuals with disabilities speaking about how they are just like their typical peers.

<http://www.justlikeyou-downsyndrome.org/>

**What is Down syndrome Video:** This 5 minute video gives a great synopsis of Down syndrome. What it means when someone has it, differences and similarities you may notice. It is appropriate for anyone from grade school children to adults!

<https://www.youtube.com/watch?v=nguLcSzN7mM>

## BOOKS

What's Inside You is Inside Me, Too - Deslie Webb Quinby

You're All Kinds of Wonderful - Nancy Tillman

Eli, Included - Michelle Sullivan

Hannah's Down Syndrome Superpowers - Lori Leigh Yarborough

My Friend Isabelle - Eliza Woloson

The Abilities in Me Down Syndrome - Gemma Keir

My Friend Has Down Syndrome - from "Let's Talk About it series"

We'll Paint the Octopus Red - Stephanie Stuve-Bodeen



**You can find many of these books available for check out at the DSACC Library!**





# DOWN SYNDROME

## Awareness

A child with disabilities often spends hours being taught how to interact with others. But why don't we spend time teaching those without disabilities how to interact with them?

@inclusionstarts now

## How to teach kids about Disabilities

Excerpts from [Huffpost.com](#) article

Normalize disabilities. People have different ways of living and moving through the world. When deaf people are using sign language, it is not a lesser form of communication. If someone is spinning or rocking by a fountain, it's not weird or freakish. That's another way of expressing joy.

Keep it value neutral.

"One thing I say a lot when I'm talking to kids is, 'Disability isn't a good thing or a bad thing – it's just a thing. It's value neutral,'" said Kristine Napper, a teacher and author of "A Kids Book About Disabilities."

Emphasize treating everyone with the same respect.

"Especially for younger children, it's important to explain that disabilities aren't something to be afraid of and that disabled people aren't scary – they're people just like them," writer and disability activist Melissa Blake said. With that in mind, talk about disabled people the way you talk about people who don't have disabilities. And teach your kids to do the same.

Don't shame them for their questions.

It's not uncommon for children to ask their parents about disabled people they see in public. They may say something like, "What's wrong with that lady's arm?" or "Why is that man walking funny?" This curiosity is totally natural and OK. Shushing your child or telling them they're being rude sends the message that disability is shameful and taboo. Instead of scolding, make it clear that their questions are welcome and give a straightforward answer.

Say 'I don't know'

Children often ask why someone they observe has a disability. In this situation, it's totally fine to say "I don't know." Your assumptions usually aren't accurate so don't be afraid to ask. But ask for permission by saying something like, "Is it OK if we ask you a question". This acknowledges that strangers don't owe you their personal information and that the conversation is optional. It is perfectly OK if they don't feel like answering.

Point out similarities.

Your conversations about disabled people don't have to center 100% around differences. You can also point out similarities, whether it's a stranger in a wheelchair who's picking out the same brand of cereal your child likes or a friend from school who's in the same club. Note that disabilities aren't always visible. We may not see a person's disability but that doesn't mean it isn't real.

Make it a continuous conversation.

Start when your children are young, talking about how everyone has differences. As they get older– engage your older children with the social justice side of disabilities. The key is to keep talking and listening.



### People/Identity First Language

People with disabilities are – first and foremost – people.

So learn names and put the person before the diagnosis.