

How to include friends with Down syndrome:

- Invite them to play games, sit together at lunch, join group activities, or work together on school projects.
- Talk to them the same way you would talk to any other friend, while being patient if they communicate or learn differently.
- Stand up against bullying. If you see teasing or exclusion, tell a trusted adult and help create a welcoming environment.
- Offer help when needed but ask first. It's respectful to ask, "Would you like help with that?"
- Celebrate differences. Recognize that people with Down syndrome are unique individuals with their own personalities, goals, and interests.



Visit www.dsasc.org for more ways to support Down Syndrome Awareness

Down Syndrome Association of Snohomish County



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IT'S OKAY TO BE A LITTLE EXTRA



Did you know?

All people have chromosomes in their body. Chromosomes are what make us who we are.

People with Down syndrome have an extra copy of chromosome 21.



Chromosomes look like socks. One way to spread awareness is to wear colorful mismatched sock on World Down Syndrome Day, March 21st.