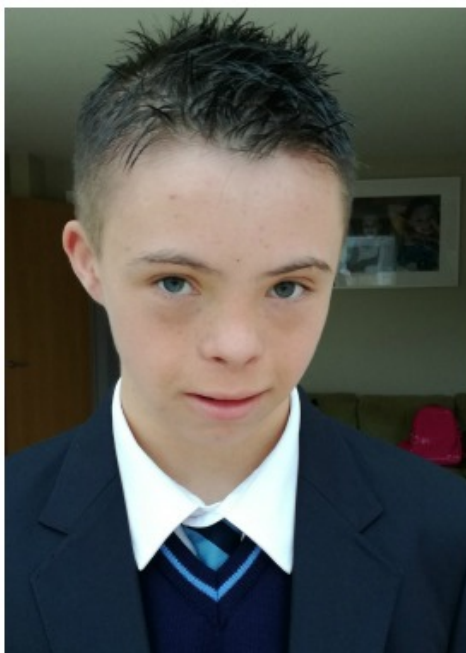




**Down's Syndrome  
Association**

A Registered Charity No. 1061474

**A resource for young people**



## **What is Down's syndrome?**

*We suggest that young people use this resource alongside an adult, so they can ask questions and discuss their thoughts.*

**A Down's Syndrome Association publication**

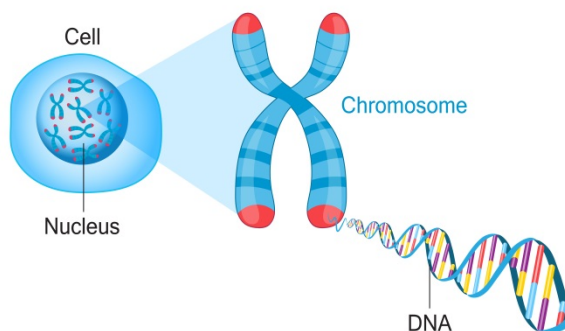
## What is Down's syndrome?

Down's syndrome is a condition that some people are born with.

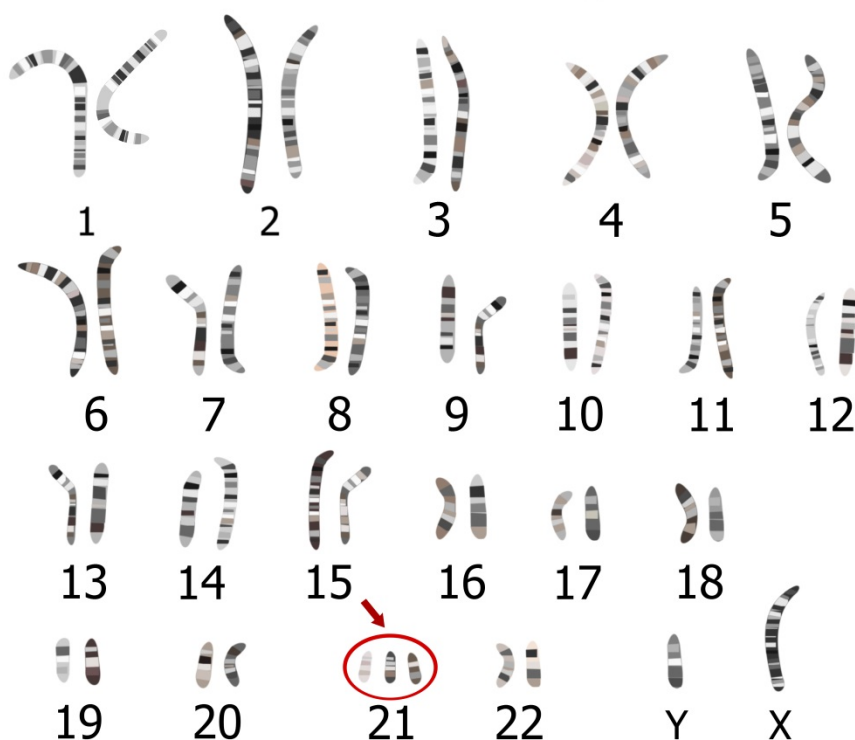
About 750 babies will be born with Down's syndrome in the UK each year.

Everyone has chromosomes.

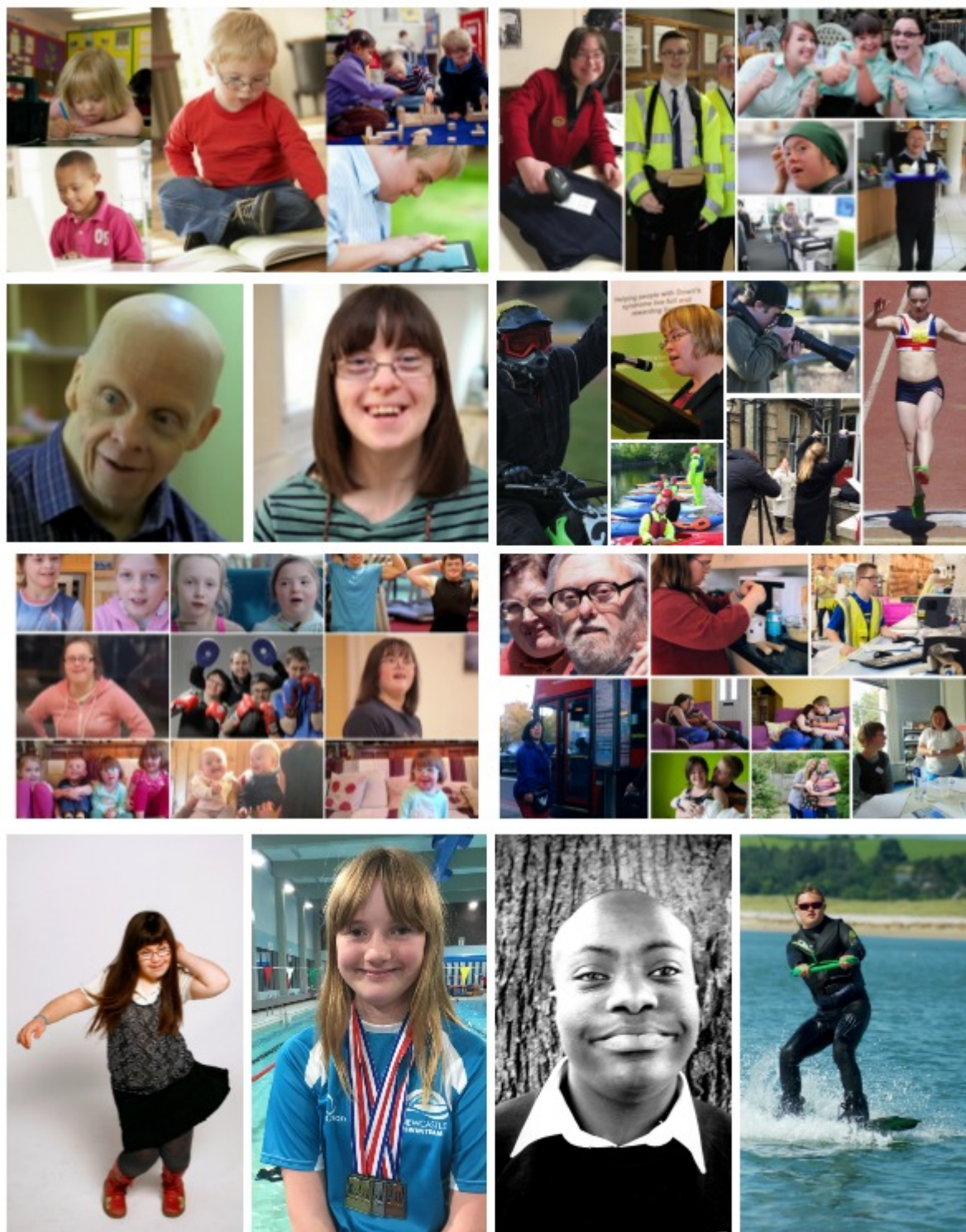
Chromosomes are made up of DNA.



**People who have Down's syndrome have an extra chromosome:**



## People with Down's syndrome can achieve many things, just like everyone else.





## At School and College

At school and college a person who has Down's syndrome might need some extra support with:

- communicating with other students;
- their schoolwork; and
- with being included.



Remember that **everyone** needs help sometimes.



## Do you know someone who has Down's syndrome?

These are ways you can include your friends who have Down's syndrome so they are not left out.

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**Some people who have Down's syndrome use pictures or sign language to help them say what they want.**

You could learn some signs that they use.

You could ask them to show you their pictures or photos.

**It might take your friend longer to say a word or sentence.**

Give them time and don't say the words for them.

**You might not always understand what they say.**

You will have to listen well.

**Find out what you have in common, what things you both like or dislike.**

Take photographs of the things you like to do and show them to your friend when you talk with each other.



## **Include your friend in your conversations and activities.**

You can share in activities that your friend enjoys.

You can show your friend what to do so they can join in with your activities.

If you're not sure how to do this, you can ask a member of staff for advice.

## **It's OK to ask your friend who has Down's syndrome if they want help.**

Sometimes they might say no.

Only help if your friend says yes.



## Similarities and Differences

All people are **unique**.

This means people are **different!**

Everyone has things that they enjoy, things they are good at and things they are still learning to do.

Even friends that have similar interests in some areas don't share every interest.

People who have Down's syndrome want and need all the same things as other people, such as:

- friends;
- hobbies;
- respect;
- independence; and
- relationships.

People with Down's syndrome have the same feelings and emotions as everyone else.

**It is important to treat people who have Down's syndrome in the same positive ways you treat other people**

## More information

The Down's Syndrome Association has a helpline where we are happy to answer any questions you have.

The helpline is open Monday to Friday, 10am until 4pm.

Call us on **0333 1212 300**.

You can find more information on our website:

**[www.downs-syndrome.org.uk](http://www.downs-syndrome.org.uk)**

You can also email us:

**[info@downs-syndrome.org.uk](mailto:info@downs-syndrome.org.uk)**



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