

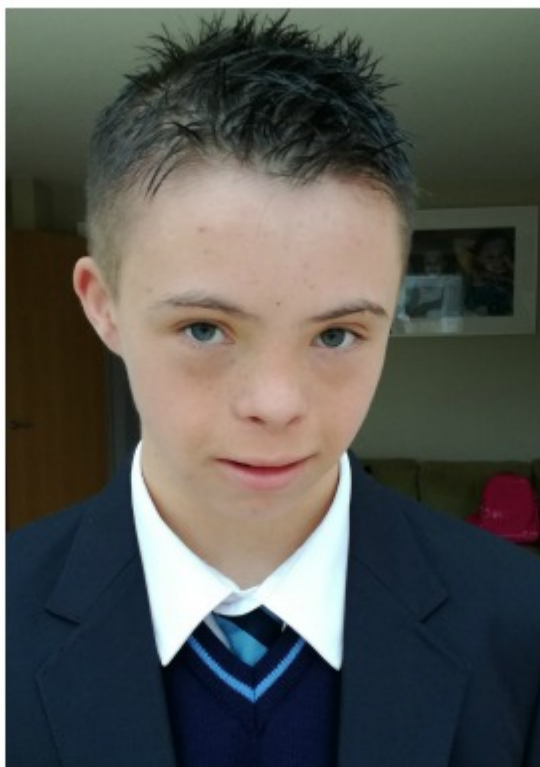


**Down's Syndrome
Association**

A Registered Charity No. 1061474

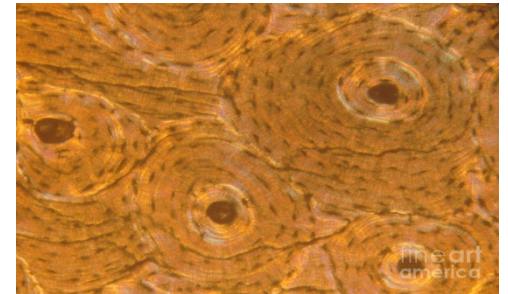
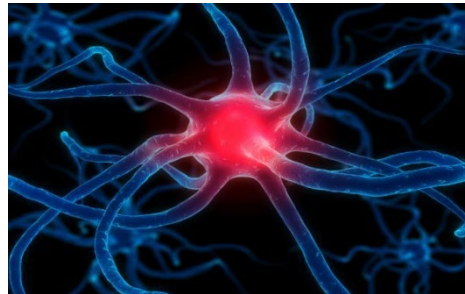
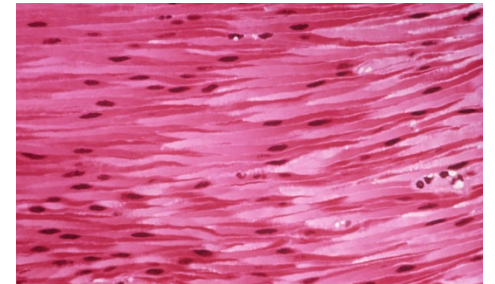
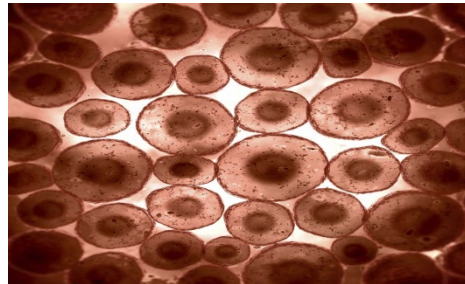
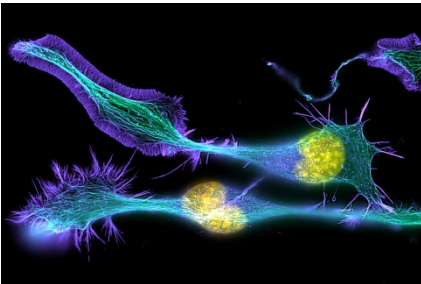
What is Down's syndrome

A resource for young people

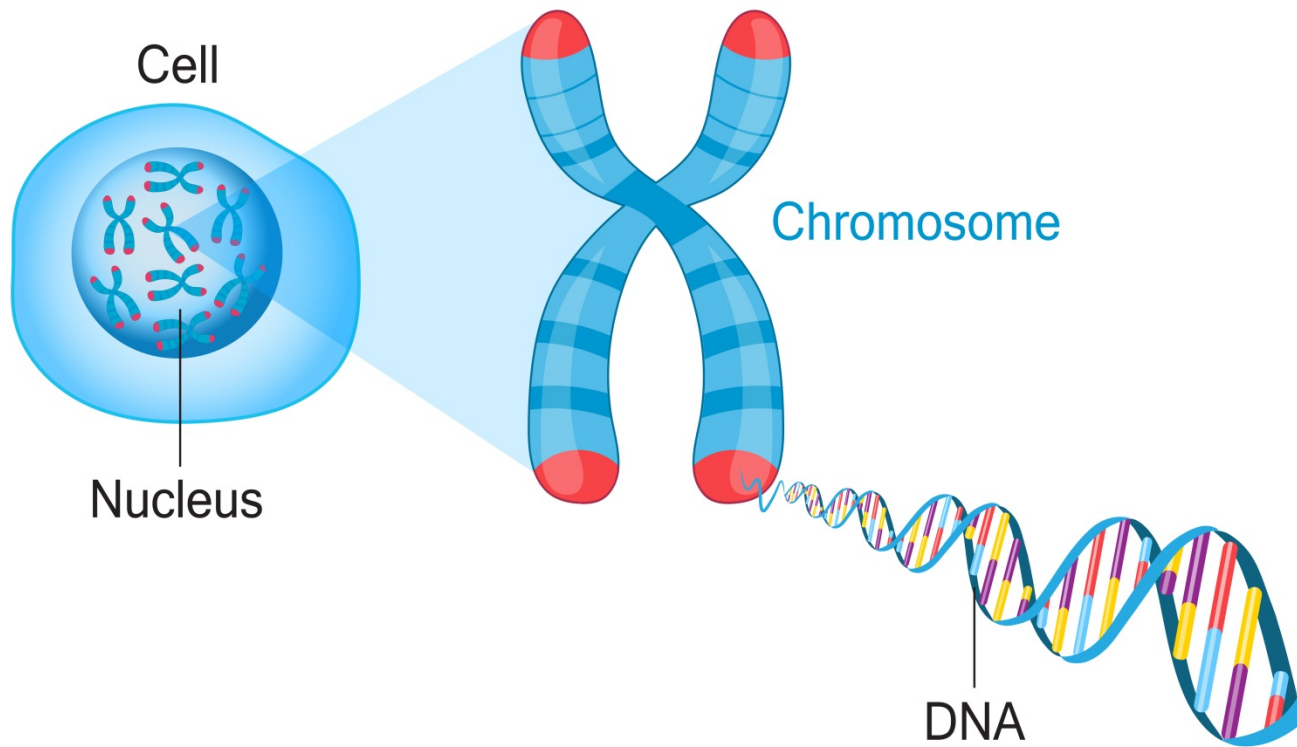


Cells and Chromosomes

Your body is made up of lots of tiny cells,
like this:



Inside those cells are chromosomes



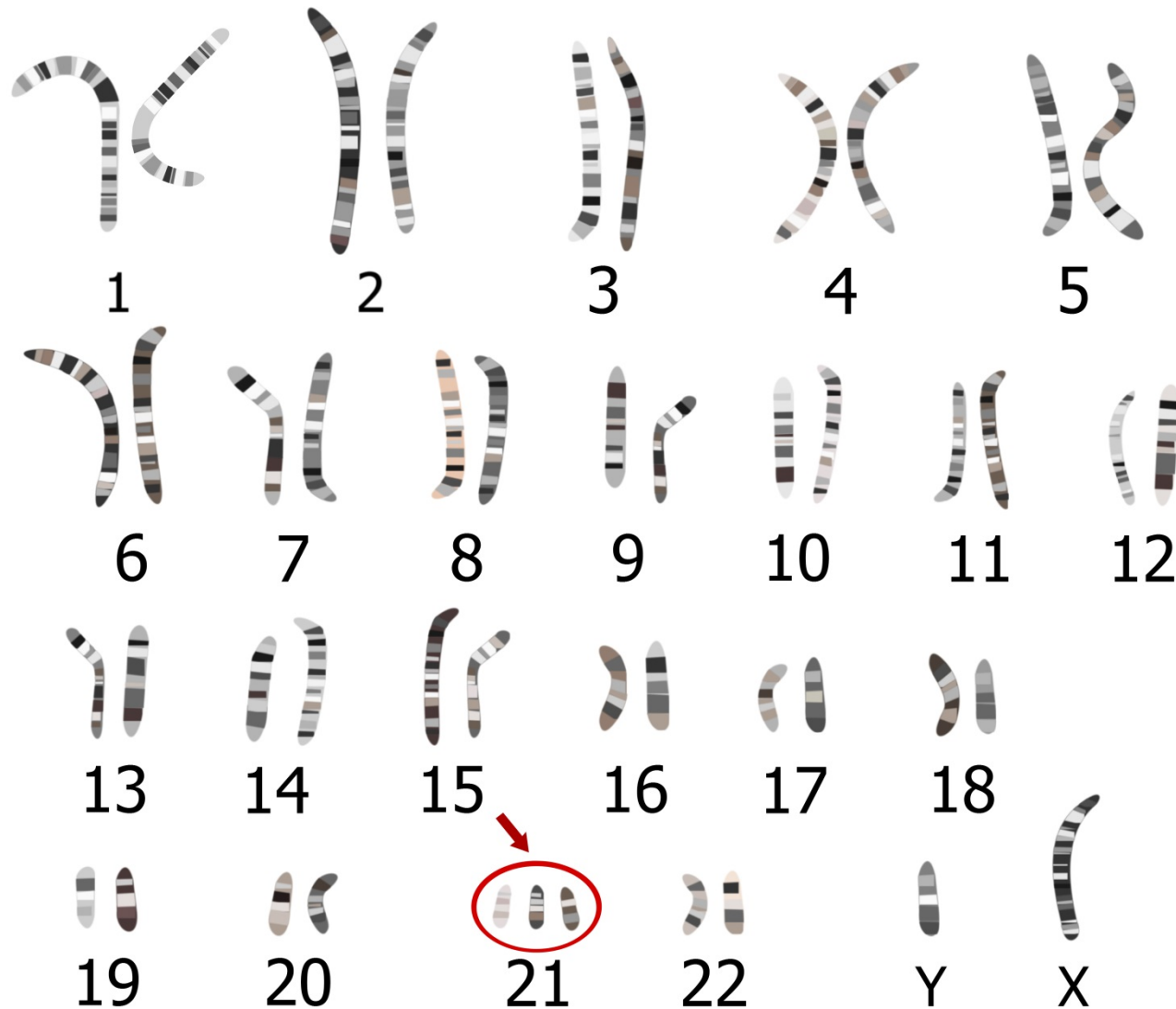
Half of your chromosomes are from your mum...and half are from your dad



Chromosomes decide things like your hair colour, eye colour, height, skin colour and lots of other things about a person.



People who have Down's syndrome have an extra chromosome.



People who have Down's syndrome achieve many things just like everyone else



Students at school or college might need some extra support

- So that people listen to what they have to say
- For school work
- And for being included



**People who have Down's syndrome
experience the same feelings and emotions as
every other person**

**Here are some emotions and feelings to think
about:**

admiration, amusement, anger, anxiety, awe,
awkwardness, boredom, calmness, compassion,
confusion, depression, disappointment, envy,
feeling equal, excitement, fear, gratitude, guilt,
happiness, hope, feeling included, interest,
jealousy, joy, feeling left out, love, pride,
romance, sadness, shame, surprise, feeling
welcome.

All people are unique

They are different to each other

- They can be good at some things but not other things
- There are things they are still learning to do
- Everyone needs friends, hobbies, respect, independence and relationships
- It is important to treat people who have Down's syndrome in the same positive ways you treat other people.

Do you know someone who has Down's syndrome?

What can you do to include your friends who have Down's syndrome?

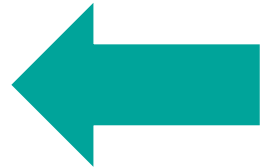
- You might learn some signs that they use, if they use signs
- You can listen well to what they say
- You can give them time to say what they want to
- Remember to welcome your friends into your groups and activities...so **no-one is left behind.**

You can celebrate World Down Syndrome Day!

World Down Syndrome Day (WDSD) is observed on
21 March every year.

You can set up and take part in your own activities!
If you need some tips on what to do you can read
more from our web page.

Click on
the
picture...



...to find
out
more!!

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

You can also email us at:

info@downs-syndrome.org.uk