Who are we?
We are researchers at Ulster University.

What are we doing?
We are trying to learn more about your life as a young person with Down’s Syndrome so that we can help make sure that you are living the best life as possible!

How can I help?
You can help us by coming along to two sessions to talk with us and four other teenagers with Down’s Syndrome about your everyday lives. These will be on different days and will last for one hour each.

What will we talk about if I take part?
We would love to talk about your thoughts and feelings around school, relationships, doctor’s visits, mental health and activities you enjoy.

We would also love to know: 
Is there anything about your life you would change if you could?

Do I have to take part?
No! You do not have to take part if you do not want to.

What if I choose to take part and then change my mind?
That is okay!
You can stop at any time and don’t have to tell anyone why.

What do I do if I want to take part?
If you would like to take part, please tell your parent/caregiver to let us know by clicking the link in the letter they received, or by scanning the QR Code.