



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.

