	Maggie is a researcher.
	Researchers are people who try and find out new things about people and the world we live in.
	Maggie works at the University of Birmingham.
	Belonging means to feel happy and comfortable in a place or with a group of people.
	Belonging can make people happier and healthier.

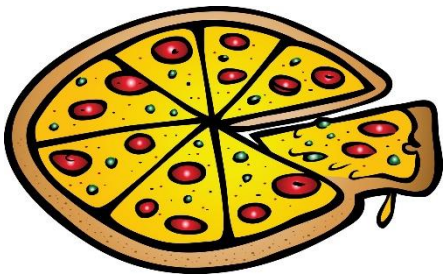
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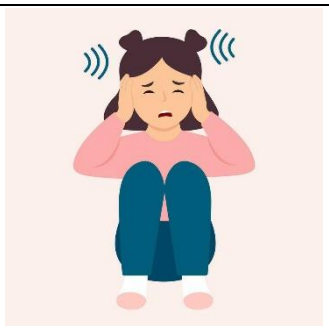
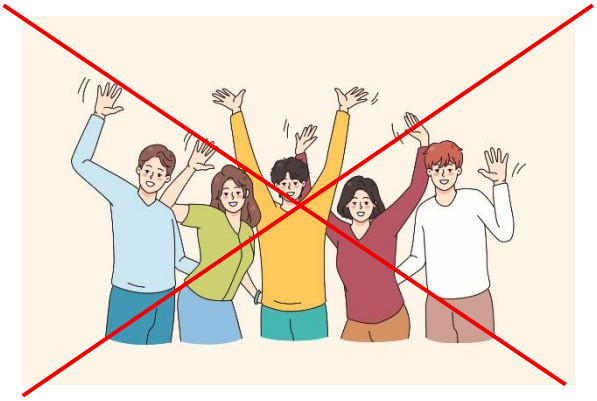
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<td>There are lots of places a person can belong, some places are:

• With their family
• With their friends
• With places of work
• With their neighbours
• With clubs and activities in school
• With clubs and activities out of school
• With sports teams
With places of religion such as a Church or a Mosque</td>
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<td>Belonging is important for everyone.

Belonging can feel even more important for children and young people.</td>
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	Maggie wanted to find out what belonging is like for young people with Down Syndrome.
 	Maggie talked to six people with Down Syndrome about belonging.
 	They were between 14 and 24 years old.
	They talked about belonging on zoom.

	This is what they told Maggie.
	Having fun with other people helps us belong at: • Home • School • Clubs or groups
	To have fun with others, we need to feel comfortable.
	Some of the things that help us feel comfortable are: • Food like pizza or chocolate milkshake

 	• Hugs • Being licked by our dogs
 	When places are loud, this can make it hard to have fun with others.

	Having people or pets we love around us helps us to belong.
	When people or pets we love can not be with us, this makes it harder to belong.
 	This might be because: • They go somewhere like a holiday • We go somewhere like school

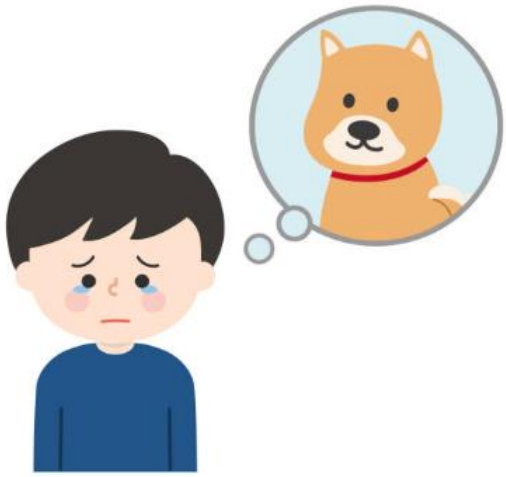




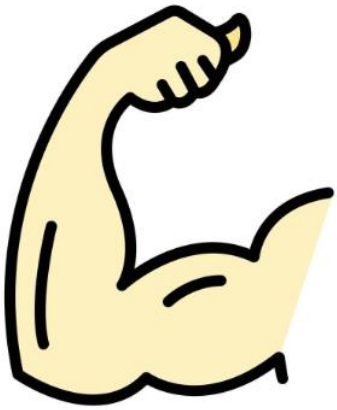


When we can not be with people we love, these things help us to belong:

- Spending time with other friends or family
- Texting
- Talking to Alexa

	• Having something that gives us comfort like a teddy
	Sometimes people or pets we love can not be with us because they have died. This also makes it harder to belong.
	These things might help: • Spending time with other people or pets

	• Making something to help us remember our loved one like a memory box
	When we feel like we are good at something, this helps us to belong.
 	When people clap us this helps us to belong. When people give us awards this helps us to belong.

	When we can help other people, this helps us to belong.
 	When we feel strong this helps us to belong. When we feel powerful this helps us to belong.
	Watching people with Down Syndrome on television can help us to belong. This might be on shows like:

 	• Strictly Come Dancing • Britains Got Talent
	Believing that we can do anything helps us to belong.

	This research can help more people with Down Syndrome feel that they belong.
	Thank you to everyone who took part.