



MAKE A DIFFERENCE IN THE LIFE OF SOMEONE WITH DOWN SYNDROME



Take the chance to get to know them.

You may be surprised at what a good friend you find in return.



Spread the Word

People with Down Syndrome are more like you than different

Give them a hand if they need assistance but without taking over.

They are truly quite capable.

INCLUDE THEM

They share many similar interests

Business owners, consider hiring an individual with Down Syndrome.

They are typically hard working, loyal, eager to please, and dependable.

OCTOBER IS

Down Syndrome Awareness Month

Celebrate the lives of people with Down Syndrome

Never use the R-word

It is hurtful and offensive

Remember March 21st

Be a friend and an advocate

World Down Syndrome Day

Wear Crazy Socks to Raise Awareness

Stick up for them if you hear someone saying something unkind or untrue.