

Always...

- Treat your friend the way you like to be treated.
- Treat your friend with respect.
- Congratulate your friend if they do something well.
- Include your friend in your games or conversations.
- Remember that your friend can be excited, sad, and happy, just like you.
- Tell your friend to STOP if they are doing something to you that you don't like.
- Ask your teacher or your parent if you need advice on how else you can help your friend.
- Tell an adult if you think your friend is in danger.
- Give your friend a little bit of extra time to answer your questions.



Where can I find out more?



Down Syndrome
Victoria

Supporting Victorian families since 1978

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Down Syndrome Victoria would like to thank our families for letting us use images of their beautiful children



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Today I learned about Down syndrome



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Things I've learned about Down syndrome

- People with Down syndrome have an extra chromosome in every cell of their bodies. Chromosomes are very tiny, but carry important information that affects how a person grows and develops.
- No-one knows why people with Down syndrome have this extra chromosome.
- Down syndrome is not a disease or an illness. You can't catch it.
- People with Down syndrome were born with it and will always have it. There isn't a way to make it go away.
- Most children with Down syndrome will be able to do things that other children can do. They may take longer to learn how, but they are very much the same as you.
- Children with Down syndrome like to play, have friends, help out, learn and be good at what they do.
- Children with Down syndrome like to have a turn, even when they aren't as quick or good at things.
- If a person with Down syndrome's speech is unclear, it is important to know that they understand a lot of what you are saying.



Encourage your friend if they are trying hard to do something.



My friend has Down syndrome

Sometimes they might need you to lend them a hand, but just like you, they like to try and do things for themselves.

It usually takes longer for a child with Down syndrome to learn things than it does for other children.

The best way to help a friend with Down syndrome is to think of him or her the same way you think of your other classmates:

- Play together in the playground.
- Eat lunch together.
- Invite them over for a play at your house or to your birthday party.

Perhaps you can help by giving your friend more time and being patient. Perhaps you can help by reminding them what they need to do. Maybe you can show them how to do something, letting them see you do it for yourself. Don't actually take over and do it for them unless you really have to.

And if they need special help with their schoolwork it will make you feel good to help them.

Don't be surprised if your friend with Down syndrome helps you sometimes too!

