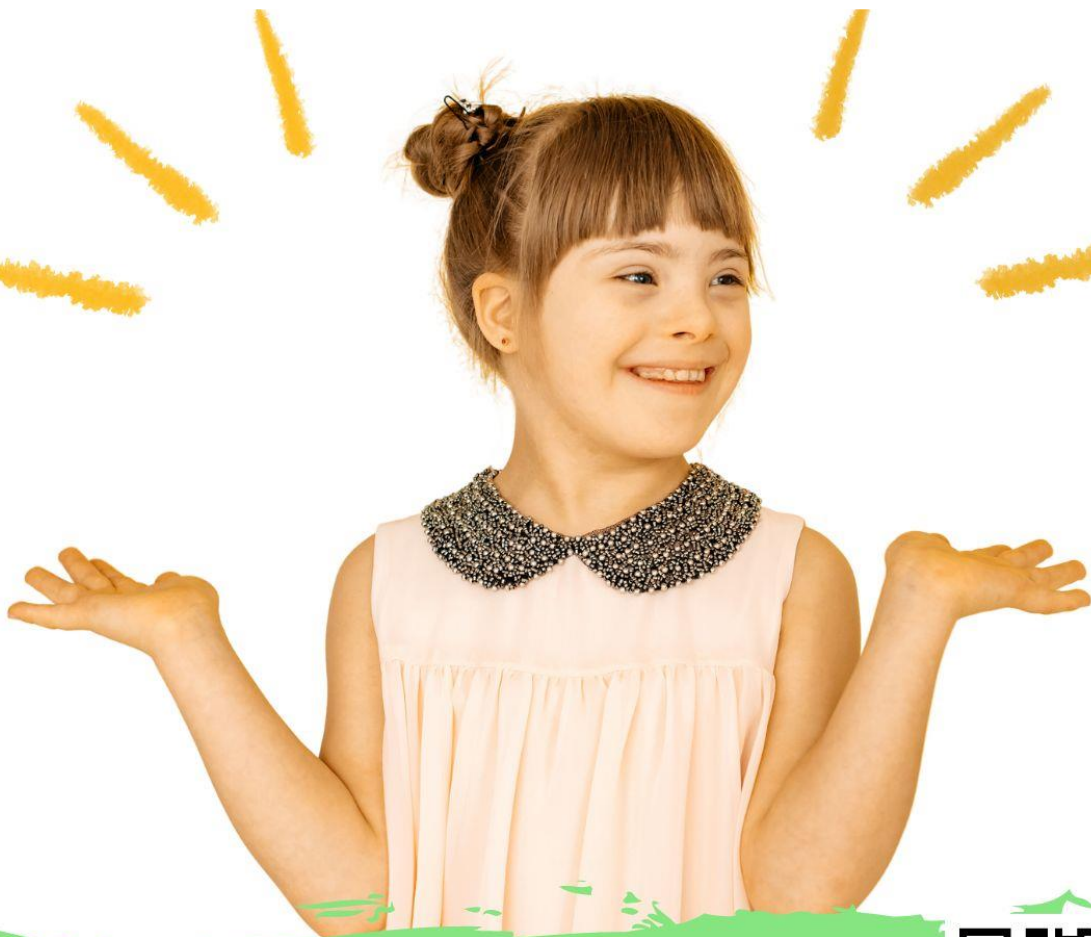


#EndTheStereotypes

End The Stereotypes Guide for children



World
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#EndTheStereotypes

What is in this guide?



3-4 – What is a Stereotype?

Activity: Lesson about stereotypes using our favourite socks.

5 – Disability stereotypes.

6-8 - Get informed.

Activity: This is me.

Activity: About Down syndrome.

9-13 – Spot the stereotypes.

Activity: Real stories to talk about.

14-18 – Speak up!

Activity: Make your own message.

Activity: Lots Of Socks day.

19 – Fundraising.

20-21 – About us.



This guide has been created by Down Syndrome International for World Down Syndrome Day, 2024.



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What is a stereotype?



A stereotype is a set idea that people have about what someone or something is like. They are often inaccurate, or simply wrong!

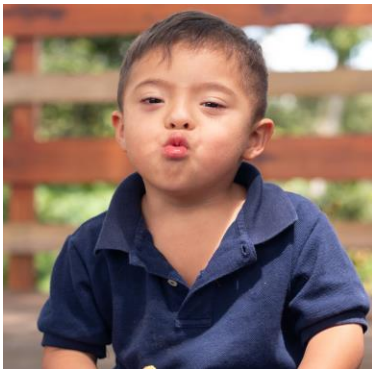
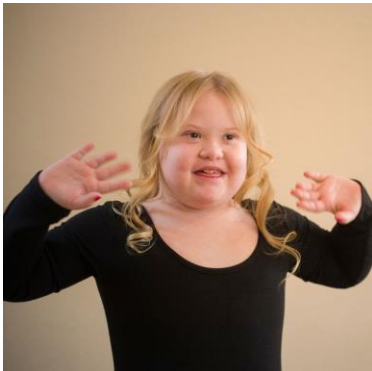
Stereotypes can stop us from being treated as individuals.

For example, there are lots of stereotypes about what girls and boys like to do or are good at.

What if I told you, "Today, all the boys are going to do science and all the girls are going to write stories."

Sure, some of you might be quite happy with this. But perhaps some of the boys would prefer to write stories, and I'm sure some of the girls would prefer to enjoy a science lesson.

It would be wrong of me to make a decision in this way because it is based on a stereotype.



Activity: Use our 'Lesson about stereotypes using our favourite socks' (page 4).



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A lesson about stereotypes using our favourite socks.

Ask everyone to wear their favourite socks on this day.

Tell the children to have a look at the socks other children are wearing. Ask them to find another child or children wearing socks that are 'like' their socks.

Once they are in groups, ask them to find something they have in common with the other child/children and something they do not have in common; it could be a physical attribute like eye colour, something they like or dislike, or anything else they choose.

Discuss:

- Ask each group to explain how they think their socks are alike – is it the colour, the pattern, the material, or something else?
- Ask each group if they found something that they have in common?
- And did they find something that they do not have in common?
- Does having socks that are alike make you the same as each other?

See page 15 for more sock activities.

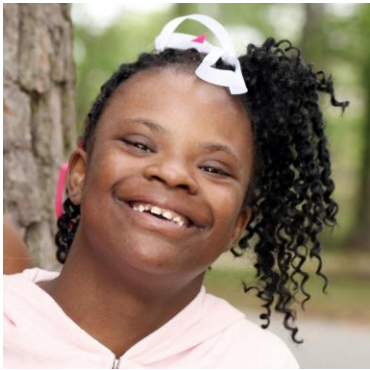


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Disability stereotypes.



For children with disabilities, stereotypes sometimes mean that they aren't treated like other children.

People think they can't do things that they can do, or don't give them a chance to learn how to do them.

People think they can't join in with activities or go to certain places.

Sometimes people are very unkind to them!

The truth is that people with disabilities are all different.

Their disability is just one part of who they are.

We need to **End The Stereotypes**.

The following pages will help you to think about what you can do to help End The Stereotypes.



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Get informed.



The best way to avoid stereotypes is to learn.

It is important to learn from a reliable source.

If you want to know more about a particular person, you should talk to that person. You might also talk to their family or close friends. We should always try to get to know people as individuals.

If you want to learn about a group of people, for example, people with Down syndrome, you need to learn from lots of people with Down syndrome, not just 1.

Never assume that what you learn is true of every person in that group.

Activity: Use our 'This is me' worksheet (page 7) to get to know each other. Use our questions or choose your own.

Activity: Learn about Down syndrome – use our video links on page 8.

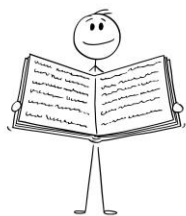


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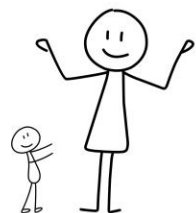
Get informed - This is me.



My favourite stories are about ...



If I could go to any place in the world, I would choose ...



When I grow up, I would like to be ...



Something that might surprise you about me is ...



If I could change one thing about the world, it would be ...



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Get informed - about Down syndrome.



These are some of our favourite videos about Down syndrome. People with Down syndrome were involved in the making of all these videos:

Chromosomes R Us – a short video by actors with Down syndrome about how Down syndrome occurs.

https://www.youtube.com/watch?v=o0VV3C_ydak



Just like you - Elyssa, Rachel and Sam share personal stories to help viewers better understand their condition and why they wish to be treated just like you.

<https://www.youtube.com/watch?v=5M--xOyGUX4>



Down Syndrome Answers - The Canadian Down Syndrome Society (CDSS) found the most-asked questions on Google and asked 10 Canadians with Down syndrome to give their answers.

<https://cdss.ca/awareness/down-syndrome-answers>

We're all different but we're all the same – An animated video about inclusion. Beware, this has a very catchy tune 😊

https://youtu.be/Le1a1PAzN3k?si=-_d3e697SrG9SSj3



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Spot the stereotypes.



We can see stereotypes in lots of different places.

Often we can see them in books and films.

Some stereotypes are so common that many of us don't notice them.



Can you think of any stories where a girl is rescued by a boy? There are lots! Most fairy tales follow this storyline: a delicate princess and her knight in shining armor...

What do you think when you read stories like this?



Can you think of any stories where a boy is rescued by a girl?

What kind of stories do you like to read?

Activity: On the next pages, there are four stories based on things that happen in real life. Encourage the children to share their thoughts about these stories.



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Spot the stereotypes.



The birthday party.

Joseph's parents are planning a disco for Joseph's birthday party. They are going to invite all of the children in Joseph's class. One of the children in the class, Martha, has Down syndrome. Joseph's parents think that Martha would not like the loud music. They decide that it is better to not invite Martha to the party.

What do you think about this?

What if I told you...

Martha loves to play music loudly at home and dance around the house with her brother and sister. She wants to be in a band when she grows up.

What we think.

Joseph's parents could speak to Martha and her parents about the party and ask if she would like to come. They might be able to make some small changes that make the party accessible for Martha. Or she might not need any changes at all.



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Spot the stereotypes.



A visit from the zoo.

Fred works in a zoo. He is bringing some of the animals into school to teach the children about caring for animals. When the children come into the hall, Fred notices a boy with Down syndrome who is called Peter. Fred thinks that Peter will not be able to sit still and could upset the animals. Fred asks for Peter to sit with his teacher at the back of the hall.

What do you think about this?

What if I told you...

Peter's family has lots of pets. Peter is responsible for feeding them.

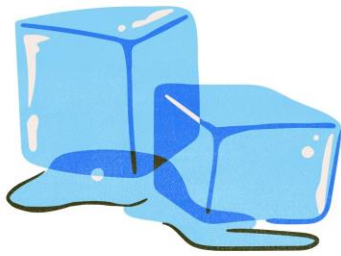
What we think.

Fred should contact the school before his visit to let the teachers know about his expectations of the children. The teachers can then talk to the children about their behaviour and make an informed decision about who should sit where.



#EndTheStereotypes

Spot the stereotypes.



The science lesson.

The class is going to do an experiment to learn what happens to water when it is hot or cold. The teacher asks the children to get into pairs to do some tasks. Sarah and Jennifer want to work together. Jennifer has Down syndrome. The teacher thinks that Jennifer will find the tasks difficult, so she gives Jennifer a colouring sheet to do instead and tells Sarah to join another group.

What do you think about this?

What if I told you...

Jennifer is interested in this activity and would like to have a go.

What we think.

Jennifer should be included in the class activity and work with her friend. Children with Down syndrome often learn best by doing practical tasks alongside their peers who can model learning behaviour.



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Spot the stereotypes.



Playground fun.

It is playtime and the children are playing outside. Some of the children decide to play football. Sam would like to play too. Sam has an intellectual disability and needs extra help with his learning. The children think that Sam would not understand the rules of the game, so they don't let him play football with them.

What do you think about this?

What if I told you...

Sam plays football with his cousins every weekend and they also like to watch their favourite team play on television.

What we think.

It is important to include everyone when we play. Even if Sam doesn't know all the rules yet, this is his chance to learn.



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Speak up!



If something makes you unhappy, it is important to talk to someone about it. This is called '**self-advocacy**'.

Who can you talk to if you are unhappy?

If you see another person being treated badly, you can speak up for them too. This is called '**advocacy**'.

When we speak up, or **advocate**, we can change the way that people think and the way that they behave.

Right now, all around the world, people are **advocating** to End The Stereotypes. Different people will be sharing their messages about stereotypes in their own ways – by speaking to people around them, by writing letters to leaders or by making art to show how they feel.

Activity: Ask the children to choose a message and think about how they would share it. Have a go at writing some letters or making art or posters.

Activity: Have a 'Lots Of Socks' day (page 15), use socks to teach about stereotypes (page 4) and use our poster and sock template (pages 16-18).



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Speak up with your socks.



One of the ways that we like to **advocate** is by wearing our brightest and boldest socks!

We call this the Lots Of Socks campaign.

The Lots Of Socks campaign was launched to get people talking. When people ask about your eye-catching socks you can say, "I'm wearing them to raise awareness".

Then you can tell them what you want them to know.



Why not have a Lots Of Socks day?

- Ask everyone to wear their most eye-catching socks.
- Hold a 'best socks' competition.
- Create your own sock designs.
- Decorate with sock bunting.
- Use our 'lesson about stereotypes using our favourite socks' (page 15).
- Use our posters (pages 16-18).



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We will be having a
'Lots Of Socks' day
on Thursday 21
March.

Wear your brightest and
boldest socks as we celebrate
everything that makes all of us
different, and yet the same.



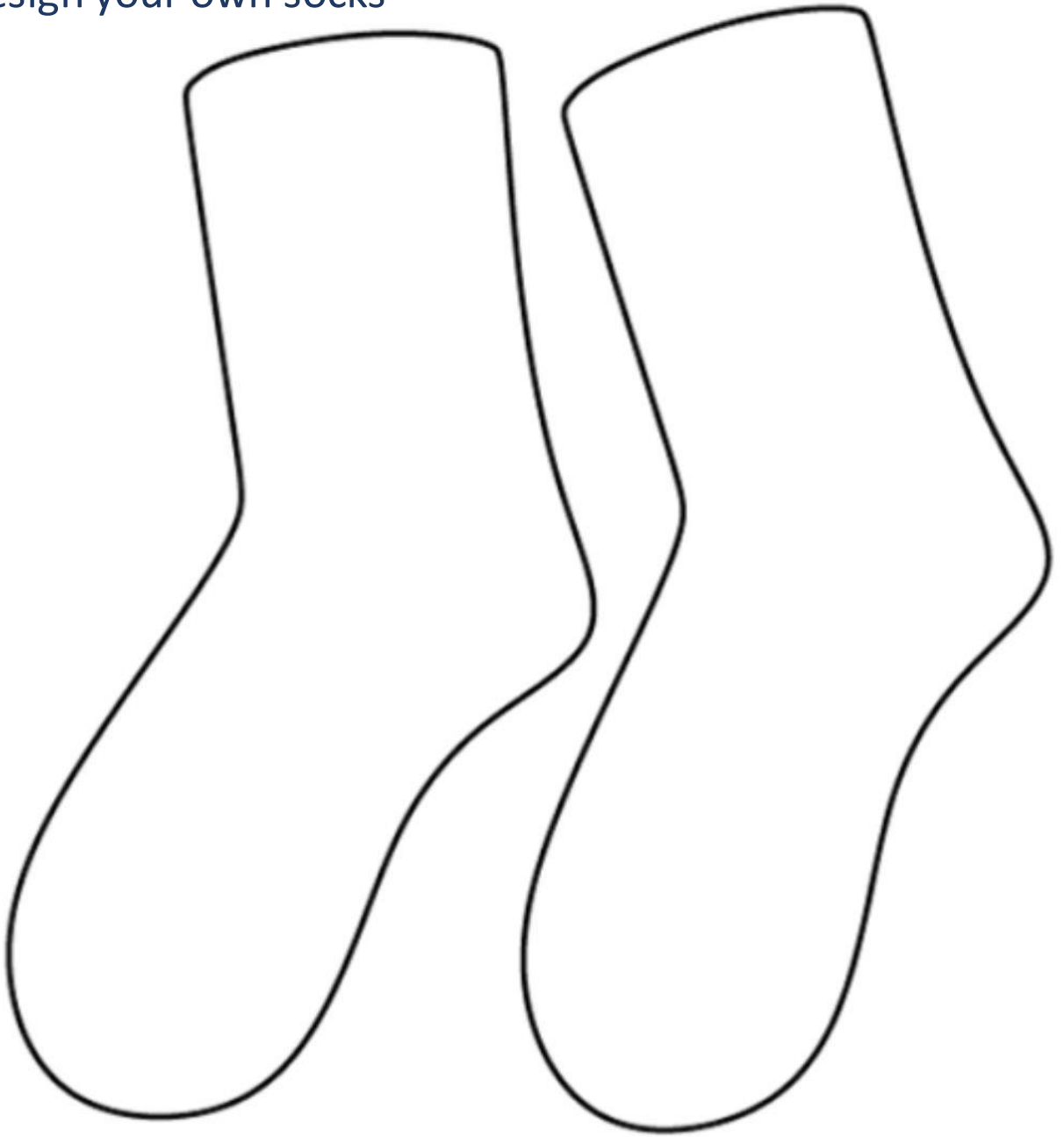
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Design your own socks



You might like to cut out your sock designs to make sock bunting.



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End The
Stereotypes.

Get to know
the real me!



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Fundraising.



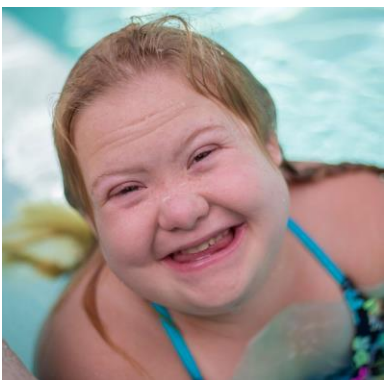
The World Down Syndrome Day team works tirelessly to raise awareness about the changes that are needed in the world so that people with Down syndrome and people with intellectual disabilities can live their lives fully included in society. This is their right.



If you would like to support our work, we would be enormously grateful!

Find out how you can help at

worlddownsyndromeday.org/fundraising



Thank you!

We hope you have enjoyed this guide.



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About us.



World Down Syndrome Day, 21 March, is a global awareness day which has been officially observed by the United Nations since 2012.

On this day, the global Down syndrome community speaks up together to create a single global voice advocating for the rights, inclusion and well being of people with Down syndrome.

Visit worlddownsyndromeday.org to learn more.

The World Down Syndrome Day website and associated activities are coordinated by Down Syndrome International in collaboration with the National Down Syndrome Society and the Down's Syndrome Association.

Details of these organisations can be found on the next page.



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Down Syndrome International is the global network of people with Down syndrome and their families.

Together, we speak up for the human rights of all people with Down syndrome around the world.

Visit ds-int.org



The National Down Syndrome Society (NDSS) empowers individuals with Down syndrome and their families in the USA by driving policy change, providing resources, engaging with local communities, and shifting public perceptions.

Visit ndss.org



The Down's Syndrome Association (DSA) is a national organisation covering England, Wales and Northern Ireland, committed to improving quality of life for people who have Down's syndrome, promoting their right to be included on a full and equal basis with others.

Visit www.downs-syndrome.org.uk



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