



**Nolan & Ashlan  
want to  
answer your  
questions about:**

# Down Syndrome

**Q. What should I say to someone who has Down syndrome?**

**A.** Talking and learning from those who are different than ourselves is what makes the world great! So go ahead, ask someone who has Down syndrome anything. As long as you are using language that is respectful and kind.

*Making everyone feel accepted and valued is important to remember when joking around with friends.*

**Q. What is person first language?**

**A.** When someone has a disability and you are talking about them, always say **WHO** they are before anything else. You want to focus on the person, not the disability. This is called *person first language*.

*“This is my friend Ethan. He loves playing piano!”*

*“My friend Maggie has three older brothers! She also has Down syndrome.”*

**Q. Are people with Down syndrome always happy?**

**A. This is not true.** People with Down syndrome can experience lots of emotions. They can get angry, frustrated and excited just like you.

Labels like this are not helpful when getting to know someone new. Some people with Down syndrome are very social while others can be shy.

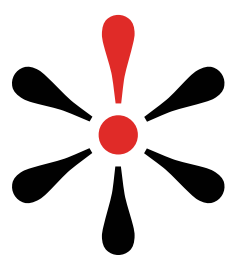
**Q. Should I feel bad for someone with Down syndrome?**

**A. Not at all!** A person is not “suffering from” Down syndrome. People with Down syndrome like and do many of the same things as you!

Hope this helps you to...

**See The Ability!**

– Nolan & Ashlan



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Down Syndrome  
Society

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