21 Acts of Kindness Campaign

- 1. Print double-sided.
- 2. Cut along the dotted lines.
- 3. Hand out with your random act of kindness.







Enjoy this random act of kindness in honor of Down syndrome awareness month!



Enjoy this random act of kindness in honor of Down syndrome awareness month!



Enjoy this random act of kindness in honor of Down syndrome awareness month!



Enjoy this random act of kindness in honor of Down syndrome awareness month!



Enjoy this random act of kindness in honor of Down syndrome awareness month!



Enjoy this random act of kindness in honor of Down syndrome awareness

month!



Enjoy this random act of kindness in honor of Down syndrome awareness month!



in honor of

Down syndrome awareness

month!

Enjoy this random act of kindness

Enjoy this random act of kindness



Enjoy this random act of kindness in honor of Down syndrome awareness month!















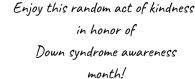








Enjoy this random act of kindness in honor of Down syndrome awareness month!



Enjoy this random act of kindness in honor of Down syndrome awareness month!

Enjoy this random act of kindness in honor of Down syndrome awareness month!

Enjoy this random act of kindness in honor of Down syndrome awareness month!

Enjoy this random act of kindness in honor of Down syndrome awareness month!

Enjoy this random act of kindness in honor of Down syndrome awareness month!

Enjoy this random act of kindness in honor of Down syndrome awareness month!

Enjoy this random act of kindness in honor of Down syndrome awareness month!

Enjoy this random act of kindness in honor of Down syndrome awareness month!

Enjoy this random act of kindness in honor of Down syndrome awareness month!

Down syndrome occurs when an individual has a full or partial extra copy of chromosome 21. This additional genetic material alters the course of development and causes the characteristics associated with Down syndrome. ndss.org/about-down-syndrome/down-syndrome-facts/ Down syndrome is the most commonly occurring chromosomal Down syndrome occurs in people of all races and economic condition. Approximately one in every 700 babies in the United levels. States is born with Down syndrome – about 6,000 each year. ndss.org/about-down-syndrome/down-syndrome-facts/ ndss.org/about-down-syndrome/down-syndrome-facts/ The incidence of births of children with Down syndrome increases with People with Down syndrome have an increased risk for certain medical the age of the mother. But due to higher fertility rates in younger conditions such as congenital heart defects and thyroid conditions. women, 80% of children with Down syndrome are born to women Many of these conditions are now treatable, so most people with Down under 35 years of age. syndrome lead healthy lives. ndss.org/about-down-syndrome/down-syndrome-facts/ ndss.org/about-down-syndrome/down-syndrome-facts/ A few of the common physical traits of Down syndrome are: low Life expectancy for people with Down syndrome has increased muscle tone, small stature, and an upward slant to the eyes. Every person with Down syndrome is a unique individual and may possess dramatically in recent decades – from 25 in 1983 to 60 today. these characteristics to different degrees or not at all. ndss.org/about-down-syndrome/down-syndrome-facts/ ndss.org/about-down-syndrome/down-syndrome-facts/ People with Down syndrome attend school, work, participate in All people with Down syndrome experience cognitive delays, but the effect is usually mild to moderate and is not indicative of the decisions that affect them, have meaningful relationships, vote and contribute to society in many wonderful ways. many strengths and talents that each individual possesses. ndss.org/about-down-syndrome/down-syndrome-facts/ ndss.org/about-down-syndrome/down-syndrome-facts/ Quality educational programs, a stimulating home environment, good health care and positive support from family, friends and People with Down syndrome should always be referred to as the community enable people with Down syndrome to lead people first. fulfilling and productive lives. ndss.org/about-down-syndrome/down-syndrome-facts/ ndss.org/about-down-syndrome/down-syndrome-facts/ Instead of "a Down syndrome child," it should be "a child with Down syndrome." Avoid "Down's child" and describing the Down syndrome is a condition or a syndrome, not a disease. condition as "Down's," as in, "He has Down's." ndss.org/about-down-syndrome/down-syndrome-facts/ ndss.org/about-down-syndrome/down-syndrome-facts/ People "have" Down syndrome, they do not "suffer from" it and "Typically developing" or "typical" is preferred over "normal." are not "afflicted by" it. ndss.org/about-down-syndrome/down-syndrome-facts/ ndss.org/about-down-syndrome/down-syndrome-facts/ NDSS strongly condemns the use of the word "retarded" in any "Intellectual disability" or "cognitive disability" has replaced derogatory context. Using this word is hurtful and suggests that "mental retardation" as the appropriate term people with disabilities are not competent. ndss.org/about-down-syndrome/down-syndrome-facts/ ndss.org/about-down-syndrome/down-syndrome-facts/ Down syndrome is named for the English physician John NDSS uses the preferred spelling, Down syndrome, rather than Langdon Down, who characterized the condition, but did not Down's syndrome. have it. An "apostrophe s" connotes ownership or possession. ndss.org/about-down-syndrome/down-syndrome-facts/ ndss.org/about-down-syndrome/down-syndrome-facts/ While Down syndrome is listed in many dictionaries with both popular There are three types of Down syndrome: trisomy 21 spellings (with or without an apostrophe s), the preferred usage in the (nondisjunction) accounts for 95% of cases, translocation United States is Down syndrome. The AP Stylebook recommends using accounts for about 4%, and mosaicism accounts for about 1%. "Down syndrome," as well. ndss.org/about-down-syndrome/down-syndrome-facts/ ndss.org/about-down-syndrome/down-syndrome-facts/