World Down Syndrome Day
2017

My Voice My Community

This leaflet tells you what World Down Syndrome Day 2017 is all about.
1. **Tell people about what matters to you.**

2. **Get people to listen to you.**

3. **Show people how to help you improve your life.**

By doing this, you can help yourself and others.

Remember, you have the same rights as everyone else.

See what you can do by reading this document.
1. Tell people about what matters to you.

<table>
<thead>
<tr>
<th>Your health.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your education.</td>
</tr>
<tr>
<td>Getting a job.</td>
</tr>
<tr>
<td>Where you live.</td>
</tr>
<tr>
<td>Having friends and being involved.</td>
</tr>
</tbody>
</table>
2. Get people to listen to you.

<table>
<thead>
<tr>
<th>Image</th>
<th>Text</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Image" /></td>
<td>Talk to your family, friends and neighbours.</td>
</tr>
<tr>
<td><img src="image2.png" alt="Image" /></td>
<td>Talk to groups of people you meet.</td>
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<tr>
<td><img src="image3.png" alt="Image" /></td>
<td>Talk to people at your school or college.</td>
</tr>
<tr>
<td><img src="image4.png" alt="Image" /></td>
<td>Talk to people where you work.</td>
</tr>
<tr>
<td><img src="image5.png" alt="Image" /></td>
<td>Talk to people who make decisions in your community or in government.</td>
</tr>
</tbody>
</table>
Talk to people on Facebook, Twitter or Instagram.

Talk to people who write newspapers.

Talk to organisations who work with people with Down syndrome.

You could also organise an event to raise awareness about Down syndrome.

www.worlddowns syndromeday.org
3. Show people how to help you improve your life.

Explain what matters to you.

Explain why it matters to you.

Explain what could be done to make life easier for you.

What your actions could do

You could help to get people with Down syndrome treated in a good and fair way.
You could help to change laws that are not fair.

You could help people with Down Syndrome to have the same rights as everyone else.

Thank you!
To learn more (easy read)

1. Understanding your human rights - *Disability Action*
   

   

3. International agreement on the rights of disabled people – *UN Enable*
   

4. Leaflets about ‘Living the Way You Want’ - *Down’s Syndrome Association*
   
Contact Down Syndrome International

If you would like any further information or advice, please contact Down Syndrome International:

By email:

contact@ds-int.org

By phone:

0044 (0)1392 357554

Visit the Down Syndrome International website:

https://ds-int.org/

Visit the World Down Syndrome Day website:

https://worlddownsyndromeday.org/