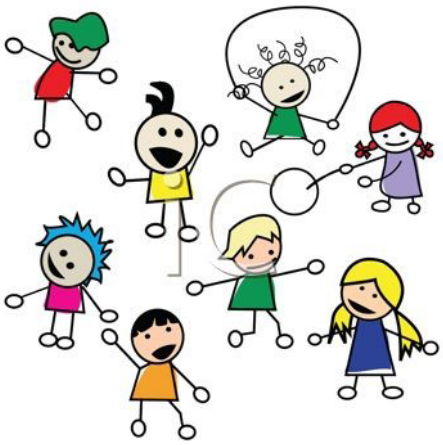
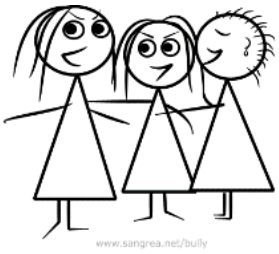
What YOU can do!



Ask someone who may be on their own if they want to join in

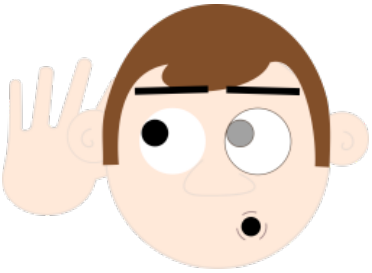


Don't call other children names

Treat all children the same

Make friends

Don't speak too fast



Listen to what people are trying to say to you

If someone uses sign language – try to learn too

Give help only when a person needs it

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Down's Syndrome Scotland

helping people realise their potential