



#ImproveOurSupportSystems

Educate

Learn more and teach others about Down syndrome.

Read	Watch	Listen
<ul style="list-style-type: none"> • Read About Down Syndrome • Learn how to Improve Our Support Systems • Check out 6 Books Written by People with Down Syndrome 	<ul style="list-style-type: none"> • Learn more about What is Down Syndrome? • Meet Chloe 	<ul style="list-style-type: none"> • Listen to the SENIA Happy Hour Podcasts: The Lucky Few and 1% Better • Hear individuals' stories in the Shifting Perspectives Podcasts

Celebrate

Embrace Down syndrome and have some fun!

Events	Activities
<ul style="list-style-type: none"> • Virtually attend the free 14th World Down Syndrome Day Conference by Down Syndrome International • Host a World Down Syndrome Day celebration in your community by joining the Lots of Socks Campaign 	<ul style="list-style-type: none"> • Sign up to receive an advocacy guide from Down Syndrome International with resources • Extend your World Down Syndrome Day celebrations by trying SENIA's 21 Day Inclusion Challenge

Advocate

Speak up and show up for inclusion in your community.

<ul style="list-style-type: none"> • Show your support for World Down Syndrome Day's theme in your community and online • Keep learning and teaching about all kinds of minds • Use strengths-based language and approaches • Create accessible and inclusive environments to benefit everyone

