

ROCK YOUR

ocks

FOR World Down Syndrome Day!



WINDSOR • ESSEX
DOWN SYNDROME
ASSOCIATION



Thursday, March 21st 2019

Rock Your Socks with Up About Down to help Windsor-Essex See the Ability!



“ The world needs variety in every sort of living thing. It is the same with people... Change your definition of normal. Make it bigger because we all fit, we all belong, we all contribute. ”

- Nicholas Popowich

#WDS19 #UAD #YQGSeesTheAbility #LeaveNoOneBehind

2019 PARTICIPATION PACKAGE

WHAT IS DOWN SYNDROME?

In a nutshell, Down syndrome occurs when someone has three copies of the 21st chromosome instead of two. To get more technical, Down syndrome is a naturally occurring chromosomal arrangement. Dr. J.L Down is credited with first officially describing it in 1886, which is how it was named.

With an extra chromosome, the risk of certain medical conditions becomes higher, cognitive development is impacted and physical characteristics are affected too. Common physical characteristics range from beautiful, almond-shaped eyes to a flatter facial profile. Despite the chance for commonalities, every person with Down syndrome is a unique individual, like anyone else, and will have these common characteristics to varying degrees.

The most important thing to remember about Down syndrome is that everyone with Down syndrome is “more alike than different”, so let’s celebrate their abilities together!

WHAT IS WORLD DOWN SYNDROME DAY?

On the 21st day of the 3rd month of the year we celebrate World Down Syndrome Day to represent the three copies of the 21st chromosomes that people with Down syndrome are rocking. The UN officially celebrated the occasion in 2012 and since then it’s created a single global voice for advocating for the rights, inclusion and well being of people with Down syndrome in our schools, community and around the world.

The annual theme for this 2019 is leave no one behind. Unfortunately, the reality is that negative attitudes, low expectations, discrimination and exclusion ensure that people with Down syndrome are left behind. Looking to the future, everyone (including people with Down syndrome) must have the opportunity to live fulfilling lives and be included on a full and equal basis with others, in all aspects of society.

