



## MARCH 21<sup>st</sup> IS DOWN SYNDROME DAY!

### What is Down syndrome?

A person with Down syndrome has three copies of the 21<sup>st</sup> chromosome instead of two. This is not a disease or disorder, it is a naturally occurring genetic condition that is present in approximately 1 in 800 people born in Canada, and it is universal across race and gender. The effect of this extra chromosome varies from person to person. Down syndrome may result in speech impairments, cognitive impairments and physical developmental delays. Many individuals with Down syndrome live well into their 50s and 60s and lead fulfilling lives. People with Down syndrome attend school work, and contribute to society in many ways.

### Why March 21?

This day was chosen because 3/21 represents the presence of three copies of chromosome 21 instead of two. Another name for Down syndrome is Trisomy 21.

### How do we celebrate Down Syndrome Day?

Down Syndrome Day is typically celebrated by wearing silly socks!

### Resources for Schools

The Down Syndrome Association of Simcoe County has gathered a number of resources to help you celebrate this day with us in your school:

- ✓ Social media graphics
- ✓ Wear Your Silly Socks poster
- ✓ How to Talk about Down Syndrome poster
- ✓ Children's booklist
- ✓ Youtube videos
- ✓ Sample announcements and newsletter blurb



Find these resources and more at [dsasc.ca/wdsd](https://dsasc.ca/wdsd)