



The guide to talking about **Down syndrome**

It's "Down syndrome"

Down syndrome is named after John Langdon Down. He didn't have Down syndrome, so it is not possessive (as in Down's).

Be positive

A person is not "suffering from" or "afflicted with" Down syndrome. People with Down syndrome can lead fulfilling lives - they can go to university, get married and have careers!

Use person-first language

A person should not be defined by their disability. Emphasize the person. It's not "Down's kid". It's not "Down syndrome person". It's "person with Down syndrome".

End the r-word

The r-word is often used in everyday speech in a derogatory, offensive and hateful way. If you stop using it you help promote the acceptance of people with all disabilities, including Down syndrome.



Canadian
Down Syndrome
Society

Société
canadienne de la
trisomie 21

See The Ability