



Down Syndrome
New South Wales

Lots of Socks

Community Information Kit



What is a Lots of Socks Day?

Lots of Socks is a Down Syndrome International campaign to create conversation and bring awareness of Down syndrome on 21 March, World Down Syndrome day each year.

The aim of Lots of Socks day is to raise awareness of Down syndrome among students, staff and the community, as well as raise funds for Down Syndrome NSW via donations for taking part. It is a day that can promote discussion about the acceptance of all our differences, and what makes us fantastic as an individual.

Down syndrome is a genetic condition that occurs randomly in individuals. Down syndrome means someone has a third copy of their 21st chromosome. This is why World Down Syndrome Day takes place on the 21st of March each year.

Why Lots of Socks?

The idea behind the Lots of Socks initiative all types, shapes, sizes of the same thing can be unique in their own way, and yet do the same thing. People understand what socks are, how they look and what they are for, and understand that not all socks are the same. Lots of Socks is a campaign to create conversation about diversity, uniqueness, inclusion and acceptance

What does this package include?

Within this package you will find:

- Ideas on how to run your Lots of Socks day.
- Links to resources on Down syndrome.
- Information on how to make your donation.

How to run a Lots of Socks Day

1. Chose a day to hold your Lots of Socks event. This year, Word Down Syndrome Day (21 March) is on a Saturday, so you might like to choose a day in the week prior.
2. At the beginning of March, start promoting your Lots of Socks fundraising day at your place of work. This might include posters, an 'all staff' email or just chat to team members over the water cooler!
3. A week before, send an email to all staff reminding them of the day and for them to wear their unmatched, loud, colourful, home-decorated socks to work, and to bring a donation for Down Syndrome NSW.
4. You may like to hold a special morning tea. If required, we can provide you with some information and promotional items to support your event. Depending on the location and time of your event, we may be able to have a person with Down syndrome visit your organisation to give a short talk.
5. You may like to hold a fun activity, like create a sock puppet, or even design a fancy sock – the possibilities are only limited by your imagination! We've included a fun 'find a word' as an example.
6. Share information on Down syndrome to your staff to raise awareness. A list of relevant links is included in this kit.
7. If possible, contact your local media to come and take photos of your team taking part (Down Syndrome NSW can provide you with details to add to your media release).

How to run a Lots of Socks Day

8. Use the hashtag #lotsofsocks in any promotion.
9. Following your event send your donation through to Down Syndrome NSW.
10. After your donation has been received, Down Syndrome NSW will forward you an evaluation form to be completed and a thank you certificate.

We thank you in advance for your support.

Feel free to email photos from the day through to admin@dsansw.org.au .

We would love to share your support on our web page.

General information on Down syndrome and inclusion

Definitions

Down syndrome:

Down syndrome is a genetic condition – it is not an illness or disease. It occurs because of an extra chromosome.

Our bodies are made up of millions of cells. There are 23 pairs of chromosomes, or 46 chromosomes, in every cell. Down syndrome is caused by the occurrence of an extra chromosome, chromosome 21. (Down syndrome is also known as trisomy 21.) People with Down syndrome then have 47 chromosomes in their cells instead of 46. This results in a range of physical characteristics, health and development indications and some level of intellectual disability. Down syndrome is usually recognisable at birth and confirmed by a blood test. It was named after Dr John Langdon Down who first described it.

Although we know how Down syndrome happens, we do not yet know why it happens. Down syndrome occurs at conception, across all ethnic and social groups and to parents of all ages. It is nobody's fault, there is no cure and it does not go away.

Down syndrome is not new and cases have been recorded through history. Down syndrome is the most common chromosome disorder and one of every 700–900 babies born will have Down syndrome. This number has not changed significantly throughout the time that statistics have been collected.

Chromosome:

Inside the cells of all living things are microscopic, thread-like parts called chromosomes. They carry hereditary information from one generation to the next in the form of genes. Chromosomes determine the colour of your hair, the colour of your eyes, whether you are a boy or a girl. Chromosomes carry all the information about what makes you, you.

Inclusion:

The Oxford Dictionary describes inclusion as “the action or state of including or of being included within a group or structure; a person that is included within a whole”. Inclusion is not just about being physically in the same place as others. We believe inclusion also incorporates belonging to, and to have the feeling of belonging to, a group or community. Research has shown social connection improves physical health, psychological well-being and decreases rates of anxiety and depression. People who feel included and connected have higher self-esteem and self-worth, which then creates a positive feedback loop of social, emotional and physical well-being.

Language

The importance of using the right words cannot be underestimated and you, as the classroom teacher, are the role model for your students. Language can influence how children see other people. It is therefore important to always use the correct term, ‘Down syndrome’.

Person first language

Put the person before the disability, i.e. “John* who has Down syndrome”, or “My student Mary* with Down syndrome”. This shows that the person with Down syndrome is not defined by his or her disability, but by their name. This encourages people to think of the individual first.

Words can create barriers

Words such as ‘retarded’ or ‘handicapped’ have negative connotations and should not be used. Words like ‘disease’, ‘illness’, ‘suffers from’, ‘afflicted by’ all have the ability to conjure up thoughts of a contagious medical condition and should also be avoided.

Avoid stereotypes All people are individuals and unique and have their own emotions, and people with Down syndrome are no different. They don’t fit into the stereotype of being always happy and loving all the time. People with Down syndrome have varying levels of ability. Along with all their other traits and characteristics, they have Down syndrome and their ability is enhanced by quality education and inclusion.

Other resources and links

Down Syndrome NSW information:

http://www.downsyndromensw.org.au/images/brochure_for_website.pdf

About Down syndrome fact sheet:

https://www.downsyndrome.org.au/documents/community_inclusion_toolkit/general/DSA-About-down-syndrome-C03.pdf

Down syndrome FAQ's:

<http://www.downsyndromensw.org.au/information/faqs>

Down syndrome today:

Down Syndrome today is a 68-page colour booklet which provides a comprehensive introduction to Down syndrome. The text is complimented by Personal Perspectives - reflections by people with Down syndrome and their families.

<https://www.scribd.com/doc/56260741/Down-Syndrome-Today>

Down Syndrome Australia resources:

<https://www.downsyndrome.org.au/resources.html>

Stories and videos from World Down Syndrome Day 2019

<https://www.downsyndrome.org.au/news//wdsdstories2019.html>

Making your donation

After your event it is important that you donate the funds raised for Down Syndrome NSW as soon as possible.

You can make your donation via this link

<https://53785.thankyou4caring.org/support-us>

After your donation has been received, Down Syndrome NSW will forward you an evaluation form to be completed and a thank you certificate.

For further information contact Down Syndrome NSW on 9841 4444



Lots of Socks



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ADULTS
 CELLS
 CHAMPIONS
 CHILDREN
 CHROMOSOME
 DIFFERENCE
 DOWN
 FAMILIES
 FRIENDS
 HELLO
 KINDNESS
 LOTS

MANNERS
 MUSCLES
 RESPECT
 SKILLED
 SOCKS
 STRONGER
 SUPPORT
 SYNDROME
 THREE
 TONGUE
 TWENTYFIRST