ABILITY AWARENESS:
Sample Main Points by Age

> 3-5 Year Olds
We are all different; celebrate differences.
We are more similar than different; focus on similarities.
You cannot catch Down syndrome from anyone.
If you are born with it, you’ll always have it.
Down syndrome is not a bad thing.

> 5-10 Year Olds
Prior age points plus:
Introduce specific terminology: Down syndrome, disabilities, etc.
There are more ways to communicate besides using typical verbal speech.
Promote concrete ways to be helpful and sensitive towards schoolmates with disabilities. “being a friend; using respectful words; helping but only when help is needed, etc.”

> 10-14 Year Olds
Prior age points plus:
Low muscle tone is significant. It affects speech, fine motor, stamina, etc.
Down syndrome is the result of an extra chromosome.

> 14-18 Year Olds
Prior age points expanded + additional science if desired.