

**“My voice is important
because we all deserve to
be heard and to have a
say in what we believe in.
My stammer does not
define me.”**

- Phoebe

Some people talk differently to others.

People who stammer may stretch or repeat letters in a word, or they may get stuck.
We just need a little more time to speak.

It's OK to stammer. In fact, 8% of young people in the UK have a stammer.

Action for Stammering Children is the national charity for children and young people who stammer, their families, and the communities who support them.

Find our handy tips & resources at
actionforstammeringchildren.org

Action for Stammering Children, Charity No: 801171, is a limited company registered in England and Wales under Company No: 2328627, with its registered office at 13-15 Pine Street, London, EC1R 0JG
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**“Try and stay in your
mindset.. Don’t get
distracted by bullies and
people who are mean
about how you speak.”**

- M

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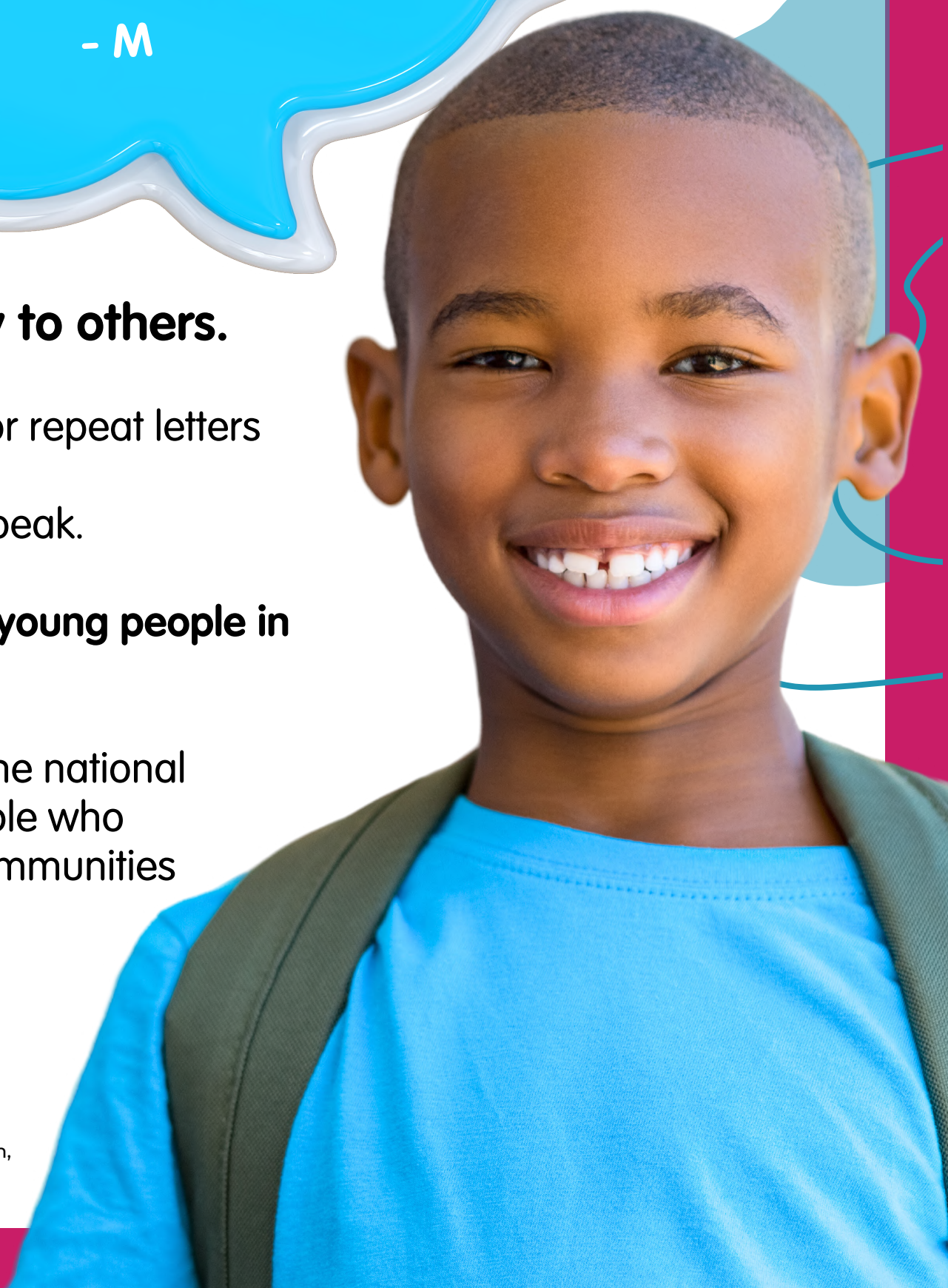
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**“Sometimes when you stammer,
you have the support of people who
care. Sometimes people aren’t very
nice to you. Try to surround
yourself with people who support
you so that you feel more
comfortable and confident”**

- Freddie

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How to be a good listener to someone who is...

Focus on what I **S**ay, not how I say it

Treat me with respect

Allow me to speak freely

Don't leave **M**e out because I stammer

Let **M**e finish my sentences

Make **E**ye contact with me

Don't **R**epeat or mimic what I say

Please don't **I**nterrupt me

Never make fun of my stammer

Give me time to speak

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What is stammering?

Stammering (or stuttering) is neurological - this means it's something unique happening in someone's brain.

It means that some people may repeat sounds when they talk, like:

"C c c can I have a biscuit?"

or they might use longer letters in a sentence like:

"I'm wearing my sssssssocks and sshsshshoes."

It's OK to stammer - in fact, everyone on the planet is different and unique in their own way.

A person may openly stammer, and some may hide it
(this could be due to the negative reactions they have received).

Every stammer is different!

It's important to give a person who stammers the same respect you would give anyone else.

How to support young people who stammer:

- Give us the same opportunities to speak
- Give us time to talk
- Be patient and try not to finish our sentences!

Many young people feel proud to have a stammer - there's even a stammering pride flag!



LOTS of people stammer!
From athletes to musicians,
scientists to actors...
Even the US president!

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