



# 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).

## 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".

## 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!

## 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.



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Down Syndrome  
Society

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trisomie 21

**See The Ability**

**MARCH**

**21**

**Dance**  
**ON**  
**3/21**

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**GET UP AND DANCE**

**WORLD**  
**DOWN**  
**SYNDROME**  
**DAY**

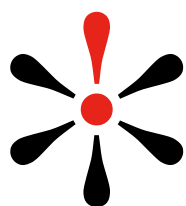
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World Down Syndrome Day is March 21. Learn more at [cdss.ca](http://cdss.ca).



**MARCH**

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