

My 3.21 Easy-Read Guide

Big words • pictures



An easy-to-read guide about World Down Syndrome Day, written for people with Down syndrome and anyone who likes short sentences, big words, and pictures. Read it together, or on your own!

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What is 3.21?



March 21 is World Down Syndrome Day.



People all over the world **celebrate** people with Down syndrome.

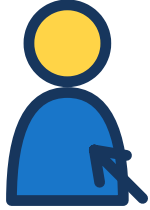


In 2027, our whole town will celebrate. Stores, schools, and churches too!



The message is: **You are valued. You belong here. We celebrate you.**

About Down syndrome



Our bodies have tiny parts called **chromosomes**.



People with Down syndrome have **one extra** chromosome 21.



That is why the day is **3/21**: three copies of chromosome 21.



Everyone is different. **Different is good!**

Rock your socks!



Wear **fun socks** that do not match.



Many people wear them on **Friday, March 19.**



Take a **picture of your feet** with friends.



If people ask about your socks, you can say: **“It’s World Down Syndrome Day!”**

Things I can do on 3.21



Go to a party or event with my family and friends.



Tell people **one thing** about me.



Share a photo, **if I want to**. It is OK to say no.



Visit stores with a **3.21 sign** in the window.

I am in charge of me



I **choose** if people take my picture.



I can say **no** or **stop**. People should listen.



I can ask for **help** or a **break**.



I **belong** at school, at work, at church, and in my town.

My 3.21 page

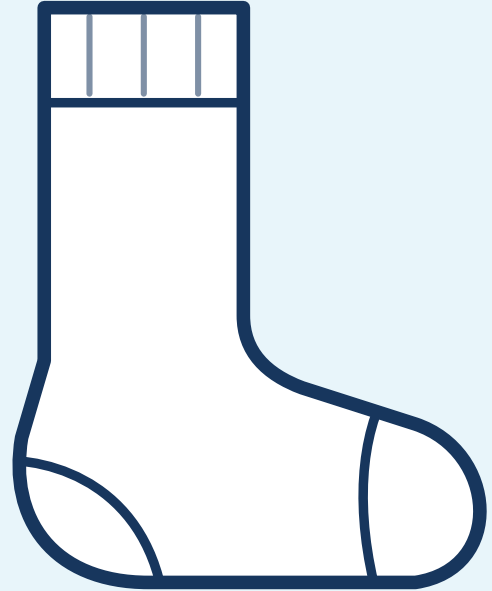
My name is

I like

I am good at

I celebrate with

Draw my socks!



My favorite color

I belong here. Different is good!