



CELEBRATE 3.21 • FOR TEENS & ADULTS WITH DOWN SYNDROME

Self-Advocate Kit

Your day, your way



For teens and adults with Down syndrome who want to celebrate their own day. It uses clear words and big pictures: ideas to celebrate, a My 3.21 Plan page, a Share Your Story planner, and a script to invite your job, church, or club.

WHAT'S INSIDE

1 It's your day

3 Share your story

2 My 3.21 plan

4 Invite your job

It's your day!

World Down Syndrome Day is March 21. It is a day to celebrate **you**. You can celebrate in your own way. **You choose.**



Wear fun socks.



Go to a party or event.



Tell people one thing about you.



Invite your job or favorite store to join.



Post a photo, if you want to.



Help plan something at school, church, or work.

YOU ARE IN CHARGE

You choose if people take your picture. You choose what to share. You can say **yes**, **no**, or **not now**.

My 3.21 plan

My name is

On 3.21 I want to

I will wear

I want to celebrate with

I want people to know

I NEED HELP WITH

- ☐ Making a sign
- ☐ Posting a photo
- ☐ Getting a ride

- ☐ Talking to my boss
- ☐ Planning a party
- ☐ Other: _____

IF YOU WANT TO

Share your story

Some people love to share. Some people don't. Both are OK. If you want to share, this page can help you plan.

MY STORY

Things I love

Things I am good at

My job, school, or what I do each day

My dream

What I want people to know about Down syndrome

WAYS TO SHARE

- | | |
|--|---|
| ☐ Say it out loud | ☐ Write it |
| ☐ Make a video | ☐ Draw a picture |
| ☐ Make a poster | ☐ Let someone help me write it |

BEFORE YOU SHARE

- You say what is shared
- You say where it is shared
- You can change your mind

INVITE OTHERS

Invite your job, church, or club

You can ask places you go to celebrate 3.21. Here is what you can say.

WHAT TO SAY

“Hi! March 21 is World Down Syndrome Day. I have Down syndrome. Can we celebrate at work? We can wear fun socks on Friday, March 19. It is free and fun. Here is a flyer.”

BRING WITH YOU

- ☐ This page
- ☐ The Business Leave-Behind flyer
- ☐ Your fun socks!

IF THEY SAY YES

- Say thank you!
- Help pick a day
- Take a team feet photo

WHO I WILL INVITE

1. _____
2. _____
3. _____

Want to be a Celebrate 3.21 ambassador? Tell us! We would love your help. [Name] · [phone] · [email]