

YOU CAN CHANGE HOW YOUR CLASSMATES THINK ABOUT STUTTERING. YOU ARE THE EXPERT!

IDEAS FOR DISCUSSION TOPICS

There is no one way to present stuttering to your classmates, but here are just a few examples of what other kids have talked about in their classroom presentations. Pick and choose what works best for you and use your imagination to come up with your own ideas. Above all, have fun, be yourself, and remember that it's okay to stutter!

FAMOUS PEOPLE WHO STUTTER

Many people have dealt with stuttering: athletes, movie stars, singers, writers, doctors, business people, teachers, lawyers, and even kings! They have been successful and so can you.

FACTS & MYTHS ABOUT STUTTERING

Most people don't understand stuttering. They may have heard myths that people who stutter "are just nervous" or "talk faster than they think." We do not know exactly what causes stuttering, but we do know a lot of other facts and you can set the record straight! Teach your classmates the facts about stuttering.

THE LATEST RESEARCH

You can also teach your class about research on stuttering! Your speech therapist can help you find some cool facts. Check out the NSA Website for a start (WeStutter.org).

THE SPEECH MACHINE

Talking is a science. Help your classmates learn about how speech is made. The more they know about the science of speech and stuttering, the less mysterious it will seem.



STUTTERING: A CLASSROOM PRESENTATION



The National Stuttering Association is a 501(c)(3) nonprofit organization. Since 1977, we have dedicated ourselves to bringing hope and empowerment to children and adults who stutter, their families, and professionals through support, education, advocacy, and research.

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WHAT YOU KNOW ABOUT STUTTERING CAN HELP OTHERS UNDERSTAND

A CLASSROOM PRESENTATION CAN HELP CHANGE YOUR WORLD.

GETTING STARTED

You and your speech therapist are the experts when it comes to stuttering and you can use your knowledge to teach your classmates about your speech. This is important, because educated people don't tease other people. Hiding stuttering and not talking about it can actually make things worse! Hiding stuttering can make you feel scared inside and can make it more difficult to use your speech tools. You can change this by teaching others about stuttering, and the best way to do that is through a classroom presentation!

Talking to your classmates about stuttering may seem scary and hard, but you can be as involved in your presentation as you want to be. You and your speech therapist can decide who will talk about each idea so you can do what feels comfortable for you. Remember that YOU are the expert about your stuttering. You will benefit the most when you use your knowledge to teach other people! To get the discussion started, your speech teacher can talk about what he or she does to help kids with all types of speaking difficulties. You may find that others in your class have been to speech therapy before. This can lead into your presentation about stuttering.

HOW IT FEELS TO STUTTER

Your classmates do not know how it feels to stutter. You can show them different types of stuttering and have them try it so they can see that stuttering can feel tense and uncomfortable. It's not something you do for fun!

THERE IS NO EASY FIX

Sometimes people give advice such as "slow down, relax, take a deep breath." This advice is more common when people do not understand that managing stuttering is more complicated than that. The more they learn, the better they will understand.

WHAT WE DO IN SPEECH CLASS

Most of your friends don't know what you do in speech class, but you can change that. Just like when you showed how it feels to stutter, you can teach the class some of your speech tools. This helps them see how using tools is hard and why you can't do it all the time.

IT IS NOBODY'S FAULT

Explain that no one is to blame for stuttering. People don't stutter because they are dumb or sick or because they did something wrong. Parents do not cause stuttering, and it's not a disease you can catch. It's not your fault you stutter and you can help your friends understand that.

TEASING & BULLYING

Most everyone has been bullied at some point. Your friends can talk about how it made them feel when they were bullied, and you can talk about how you feel when others pick on you about your speech. You and your classmates can talk about how to deal with bullying. No one has to deal with bullying on their own. By sticking together, you can help each other.

QUESTION & ANSWER TIME

You will probably find that your classmates are interested in stuttering, but were uncomfortable asking about it before. Now is a great time for them to ask questions. You may not have all the answers, but the discussions can be great!

DON'T FORGET THE SNACKS

If it's okay with your teacher and parents, you can bring snacks for the question and answer time. A classroom presentation can be fun!

WHY DO A PRESENTATION?

At first, when you think about talking about your stuttering, it can seem scary. To help you get started, ask yourself these questions: *Have other people ever given you strange looks when you stutter? Have other kids ever asked you why you "talk like that"?* These people just do not understand stuttering. They don't know how their reactions make you feel. Other kids who have talked to their classmates about stuttering have found that when people understand stuttering, teasing and mimicking don't happen as much. You are the best person to help them understand stuttering because you are the expert when it comes to your speech.

WHEN SHOULD I PRESENT?

- When others ask you about your speech
- If you feel funny about using your speech tools in the classroom
- When you have to do a regular classroom speech assignment

WHO CAN I TALK TO?

Your speech therapist is a good person to start with. Share this brochure with them to help you get started. You can also talk with your classroom teacher or your friends in the NSA!

YOU ARE NOT ALONE!

Remember that you are not alone in dealing with stuttering. Through our publications, resources, website, conferences, and family of caring people who stutter, the National Stuttering Association will be here to help you.

**Let us know how your presentation goes!
Your experiences may help others have the
courage to try.**