

I S What I have **T**

A to say is worth **M**

M waiting for **ER**

Join us and help create a better life for people who stammer. stamma.org/join

STAMMA

ters, Elizabeth and Margaret. In
he had speech therapy for a
h learned to manage to som
e's elder brother ascended the
ard VIII after their father died in

<https://www.youtube.com/watch?v=DUwPV4hM3eg>

STAMMA, 'Find The Right Words' Campaign, 2020

WHAT'S STAMMERING?

Stammering, also called Stuttering, is a neurological condition that makes it physically hard to speak.

Someone who stammers will repeat, prolong or get stuck on sounds or words.

There might also be signs of visible tension as the person struggles to get the word out.

STAMMERING FACTS & THE STIGMA SURROUNDING IT

- About **8% of children stammer at some point**. Most will go on to talk fluently.
- About **2% of adults stammer all their life**.
- **There is no link between stammering and intellectual capacity**. It has nothing to do with flaws in someone's character.
- Like other neurological conditions, it covers a spectrum. **There'll be periods when a person stammers less and other times when they stammer more**.

WHAT CAUSES STAMMERING?

Researchers currently believe that stuttering is caused by a combination of factors, including **genetics, language development, environment, as well as brain structure and function.**

Working together, these factors can influence the speech of a person who stammers.

MY STAMMERING JOURNEY

CHALLENGE YOUR LIMITS

The King's Speech is based on the **true story** of George VI, father of Queen Elizabeth II.

George VI was a man who, in the 1930s, **did not want to be king.**



CHALLENGE YOUR LIMITS

Chris Heath, 20, began going to speech therapy classes from the age of six but nothing seemed to help his condition which left him unable to get his words out.



CHALLENGE YOUR LIMITS

Daniele Rossi attended a stuttering conference once where he noticed that various Marvel and DC super heroes adorned most of the kids' t-shirts.

“They need a super hero who stutters”, Daniele thought to himself. He created Franky Banky, a fox who stutters. “Franky Banky shall be their super hero!”, he vowed.





<https://www.youtube.com/watch?v=L53vhcRaBvo&t=25s>

I Can't Say My Name, Documentary by Felicity Baker (BBC Journalist)

DO YOU KNOW ANYONE

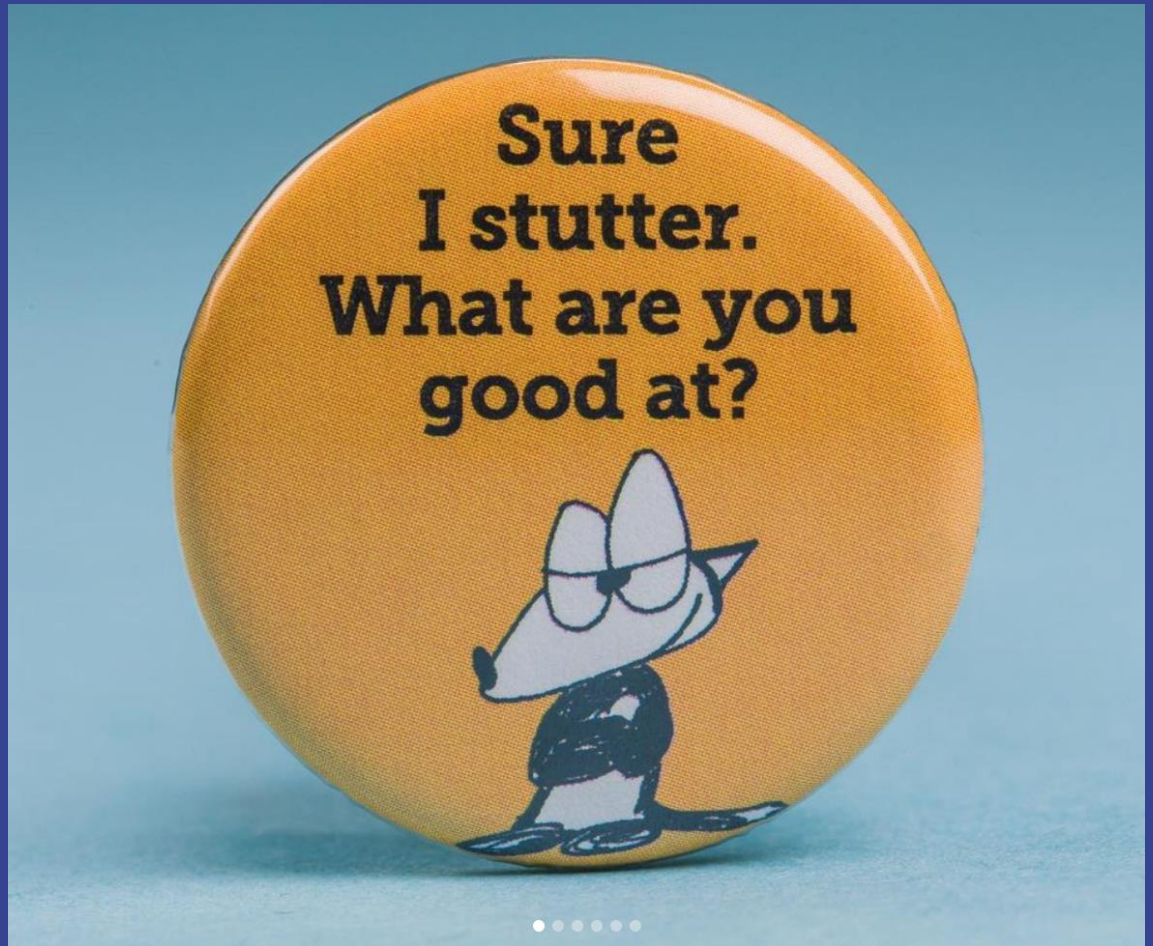
WHO HAS STAMMER?

WHAT CAN YOU DO TO SUPPORT THEM?

- **Don't finish their sentences** if they're struggling to get their words out.
- **Give them time** to finish what they're saying without interrupting.
- **Don't ask them to speak faster or more slowly** or to take a breath.
- **Show interest** in what they're saying, not how they're saying it, and maintain eye contact.

SHOW EMPATHY

**WE LAUGH
WITH A
PERSON, NEVER
AT A PERSON.
OTHERWISE IT'S
NOT FUNNY,
IT'S BULLYING.
Thank you.**



STAMMA EDUCATORS

For more information or support, please contact STAMMA Educators' Stammering Network.

Email: stammaeducators@gmail.com

MET POLICE STAMMERING SUPPORT NETWORK



BBC STAMMERING SUPPORT NETWORK



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