

#InclusionMeans



theme guide

Produced for



By



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What is 'inclusion'?



Being included

If you are **included...**



You can

- Take part in things.
- Make friends.
- Have a job.
- Go to school.
- Join in with groups and make decisions together.



This makes you part of your community.

What is 'inclusion'?



Not being included

If you are **not included...**



You can not join in with things.

You can not do activities that other people do.

Decisions will be made without asking you.



This means you are left out.

What is 'inclusion'?



Inclusion is when the community and government makes sure everyone is included.

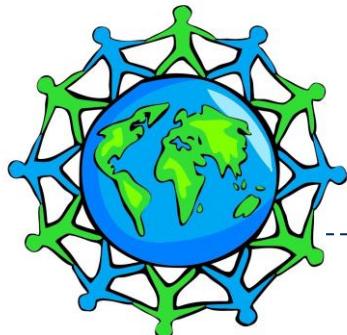


No matter who you are, you can take part in things.



And be part of the community.

Why ‘Inclusion Means’?



Everyone, everywhere has the same rights.



The United Nations (UN) is a group of countries that work together to improve social conditions, like housing, schools and health care.



The UN created an agreement called ‘The Convention on the Rights of Persons with Disabilities’ or ‘CRPD’.



The CRPD sets out what countries have to do to make sure that disabled people have the same rights as everybody else.



The UN CRPD is available in Easy Read format here: [EASY READ UN CRPD](#)

Why ‘Inclusion Means’?



The UN CRPD says that people with disabilities should have “full and effective participation and inclusion in society”.



But many people still are not included.

Why?



One reason is that many people do not understand what ‘inclusion’ means or how to be ‘inclusive’.

Inclusion
means...

So, we want everyone to talk about what inclusion means.

What can you do?



Think about what inclusion means.

Think about your daily life; when you take part in activities alongside other people.



Are you included?

Do you have the same opportunities as others? Or are there things stopping you?

Do you participate in inclusive activities? Or are there separate activities for people with disabilities?



Think of your message.

Start with “Inclusion means...”

What can you do?



Use your 'inclusion means' message to speak up for yourself and others.

Share your message on social media.

Use #'s to join the conversation:

#WorldDownSyndromeDay

#InclusionMeans



You might like to follow us and share our messages too:

FACEBOOK [@worlddsday](#)

TWITTER [@worlddsday](#)

INSTAGRAM [worlddownsyndromeday](#)



The best way to promote awareness of Down syndrome is for people with Down syndrome to share their own stories in their own words.

We would love to hear from you if you have a story that you would like to share with the world.

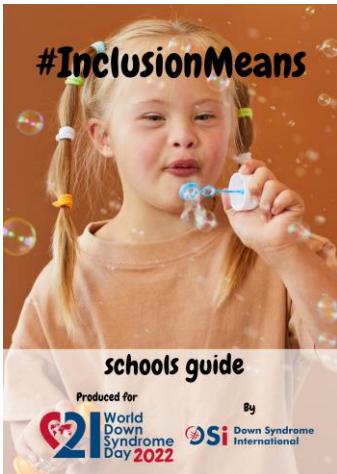
www.worlddownsyndromeday.org/stories

What can you do?



Use our 'Inclusion Means' Advocacy guide to speak up and share messages.

[CLICK HERE](#)



Use our 'Inclusion Means' Schools guide to talk about inclusion at school.

[CLICK HERE](#)



Use our 'Inclusion Means' Organisations guide to talk about inclusion in your workplace or group.

COMING SOON

If you need help, get in touch with our team.



Email: contact@ds-int.org



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