



# POST PRIMARY SCHOOLS GUIDE

#LotsOfSocks4DSI #SupportOurDreams #WorldDownSyndromeDay



Down Syndrome Ireland, Unit 3, Parkway House, Western Parkway Business Park,  
Ballymount Drive, Dublin 12, D12 HP70  
CRA Number: 20010164 CHY Number: 6062

World  
Down  
Syndrome  
Day **21 MARCH**



## How to support World Down Syndrome Day?

World Down Syndrome Day (WDSD) is celebrated annually on March 21st. The date for WDSD being the 21st day of the 3rd month. People with Down syndrome are born with an extra, 3rd copy of chromosome 21.

By taking part, you and your school are making a real, practical difference to thousands of children across Ireland with Down syndrome.

### How do we take part?

#### Lots of Socks

##### Wear your Socks

Ask students and staff for a donation to wear different coloured socks into school on 21 March

##### Lesson Plan

We have included an activity around inclusivity which can be carried out in class with your students, as well as information about Down syndrome.

##### Promote

Be sure to share your fundraiser on social media or via Aladdin with parents and staff to let them know when the big day is and to donate to your fundraising page.

**Thank you for bringing World Down Syndrome Day to your school and joining schools across the country!**



### Did you know?

**€52**

would help fund a See & Learn education pack for a family

**€90**

would give a child the gift of speech and language therapy

**€190**

could give a child the gift of sign language to help them communicate with their family and find their voice

Your support ensures that every child born with Down syndrome can be supported by their families, schools, communities and workplaces to reach their full potential as adults. #SupportOurDreams



## Lesson Plan: Being Inclusive

### Keywords: Stereotyping

Stereotyping means thinking that all people who belong to a certain group are the same and labelling them. An example of a stereotype is that all young people who wear hoodies are thugs.

### Description

A stereotype is a belief that all members of a certain group share the same personality traits or characteristics.

Stereotyping results in over-simplified general opinions of people, such as: 'Old people are lonely.' 'Young people are lazy.' 'Women are emotional.' Stereotypes can also be positive, such as 'Jamaicans are really relaxed' or 'Gay men have great fashion sense'. While these positive stereotypes may seem harmless enough, it is important to recognise that all stereotypes are problematic because they tend to make us believe we know someone when we don't.

Today we will learn more about gender stereotyping. Teenage stereotypes, like everyone else, all teenagers are different and have their own unique personalities.

However, adults, the media or businesses can sometimes stereotype teenagers as troublemakers or as lazy or moody. Social media might make us believe that all teenagers look the same and have the same interests. This stereotyping can be unfair to young people. Have you ever experienced teenage stereotyping? How did you feel?

### Activity

In groups, discuss how teenagers are stereotyped by society. Are there different stereotypes for teenage boys and teenage girls? Draw a picture in the space below and label it with some of the stereotypical labels used to describe teenagers.



## How to lodge funds raised?

Please bank your funds within 4 weeks of your event so your hard earned donations can get to work straight away.

### Online Fundraising

If you are raising funds via your online fundraising page, the donations are automatically transferred to us monthly so you don't have to worry about lodging your funds.

### Website

Visit [www.downsyndrome.ie](http://www.downsyndrome.ie) and use our online form to submit your funds raised using Google pay, Apple pay or PayPal.

### Cheque/Bank Draft

Drop a cheque or bank draft in the post with your name and address. Our address is *Down Syndrome Ireland, Unit 3, Western Parkway Business Park, Ballymount Drive, Dublin D12 HP70*

Due to new banking procedures all cheques must be made out to **Down Syndrome Ireland**. Please write any further information on the back of the cheque.

### Bank Transfer

Make a bank transfer online or lodge any cash donations by bank with the details below. Please make sure to include your name in the details of the transfer.

Bank	AIB
Address	Lower Baggot Street Dublin 2
Name	Down Syndrome Ireland
IBAN	IE75 AIBK 93101217850076
BIC	AIBKIE2D

### Post Office

If you lodge your funds in a post office, please email [accounts@downsyndrome.ie](mailto:accounts@downsyndrome.ie) to let us know the date, amount and post office location of your lodgement. These donations are transferred to us anonymously from An Post and we want to be able to acknowledge your amazing generosity.



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