

# 21 WAYS YOU Can Spread Acceptance

Creating an accepting community for individuals with Down syndrome is a wonderful goal. Here are 21 simple tasks that we can do to promote inclusivity and acceptance for all:

- ❑ **Educate Yourself:** Start by learning more about Down syndrome, its challenges, and the strengths and abilities of individuals with Down syndrome. [Learn more](#)
- ❑ **Use Person-First Language:** Refer to individuals as “people with Down syndrome” rather than defining them solely by their condition. ie: Downs child, Down syndrome kid
- ❑ **Promote Awareness:** Share information and resources about Down syndrome on social media! Follow GiGi’s Playhouse on Facebook, Instagram, TikTok, LinkedIn and X! [Find some sample posts and graphics on this page.](#)
- ❑ **Participate in GiGi’s Programs:** Support or volunteer with the programs in your local Playhouse! Foster friendship and understanding and help create positive change! [See how to here.](#)
- ❑ **Attend Inclusive Events:** Participate in events that promote inclusion and acceptance, such as The [GiGiFIT Acceptance Challenge](#)
- ❑ **Advocate for Inclusive Education:** Encourage inclusive education programs in schools to ensure all children can learn and grow together. Check out our [Educator Symposium event.](#)
- ❑ **Support Achievement!:** [Donate](#) to GiGi’s Playhouse to support free programming.
- ❑ **Spread the Message of Acceptance:** Print and donate our [Activity books](#) to local restaurants for kids.
- ❑ **Give Books:** Donate books that spread awareness about differences to your child’s class and/or your local library. We recommend Everyone Belongs, Different A Great Thing To Be, You are enough. A full list can be found on [Amazon!](#)
- ❑ **Encourage Independence:** Promote independence and self-advocacy skills among individuals with Down syndrome. Check your [local playhouse location](#) for teen and adult programs.
- ❑ **Accessible Spaces:** Advocate for accessible public spaces, including ramps, elevators, and signage, to ensure inclusivity.
- ❑ **Promote Employment Opportunities:** Support businesses that employ individuals with Down syndrome and encourage companies to do the same.
- ❑ **321 Rocks:** Start a kindness rock hunt! Decorate rocks, put them around your neighborhood, and post about them in your local community groups. Be sure to add [321rocks.com!](#)
- ❑ **Get a shirt:** Wear a statement shirt to spark conversation about Down syndrome. [Shop here.](#)
- ❑ **Respect Personal Boundaries:** Respect the personal boundaries of individuals with Down syndrome and always ask for consent before helping.
- ❑ **Foster Friendships:** Encourage your children to befriend peers with Down syndrome, promoting inclusion from an early age. Acceptance starts at home.
- ❑ **Spread Kindness:** Live #GenerationG by doing a random act of kindness with a note that says “You’ve been #GenG’d in honor of Down Syndrome Awareness Month!”
- ❑ **Combat Bullying:** Speak out against bullying and discrimination, whether in schools, workplaces, or the community.
- ❑ **Language Awareness:** Educate others about the impact of hurtful language and [discourage the use of derogatory terms or slurs.](#)
- ❑ **Lead by Example:** Be an inclusive role model, demonstrating kindness, acceptance, and empathy to inspire others in your community to do the same. [Take the Acceptance Pledge](#) and share it with others!
- ❑ **My Extra Chromosome:** The GiGi’s Extra Chromosome comes in all forms, from temporary tattoos and stickers to t-shirts and key chains, and even eye-catching gold and diamond necklaces. [Join us in wearing this symbol of unconditional love and acceptance.](#)



Creating an accepting community for individuals with Down syndrome is a collective effort, and these simple tasks can make a significant difference in fostering a more inclusive and compassionate society. Thank you!