

# 31 WAYS to change how the world views Down syndrome in 31 Days!

October is Down Syndrome Awareness Month (DSAM)! At GiGi's, we're celebrating with **31 Ways in 31 Days** – a fun challenge designed to get EVERYONE to raise awareness and push ACCEPTANCE for the Down syndrome community! We ALL have the power to make the world a more inclusive and accepting place. 31 Ways in 31 Days helps EVERYONE find their inner strength and make the world more accepting!

**Follow along, share on social media, and help us change the world!**

1. **Brush up on the Basics** – There's a lot to learn about Down syndrome. Brush up on the facts by reading books, watching documentaries, and checking out this [page](#)!
2. **Share your story** – Take to social media and post how Down syndrome has touched your life. Share personal stories, post pictures, spread awareness! Tag @GiGisPlayhouse we can share your posts!
3. **Look the Part** – Wear merch promoting Down syndrome awareness! Buy a shirt [here](#)!
4. **Follow Leaders (literally)** – There's so many great social media accounts leading the way and educating people about Down syndrome. Give them a follow! Here's a few accounts to get you started! [@anyundik](#) [@vallitfit](#) [@rachvermeulen](#) [@count\\_mia\\_in](#) [@amy\\_kosmalski](#) [@matthewschwabspeaks](#)
5. **Read the (new) classics** – Share children's books that spread awareness about disabilities and Down syndrome! Read them to your kids. Find some great books [here](#).
6. **Make awareness fun!** – Print out [activity books](#) to teach children about Down syndrome and acceptance. Bring them to classrooms, restaurants, and more!
7. **Get your copy of #GenerationG magazine** – our second issue of our #GenerationG magazine is out and showcasing inspiring stories of Down syndrome awareness and acceptance! Get copies for yourself, your school, and your workplace [here](#)!
8. **Language Matters. Help spread it!** – Individuals with Down syndrome are not defined by the condition. They should be referred to as "a person with Down syndrome." If you hear someone call someone a "Downs child" or a "Down syndrome kid" educate them in a polite way!
9. **Stay up to date!** – The world of Down syndrome is constantly changing. New legislation, medical studies, and advancements are being made. Read trusted sources regularly to stay informed and subscribe to the [GiGi's Playhouse newsletter](#)!
10. **End hurtful language** – Unfortunately, the R-word is still used: in schools, workplaces, and [bowling alleys](#). If you hear someone saying it, speak up!
11. **Attend Inclusive Events:** – Bring your family, friends, and neighbors to events that celebrate inclusion and acceptance, like our [GiGiFIT Acceptance Challenge](#)!
12. **Let your Voice be Heard!** – Share information and resources about Down syndrome on your social media! Find some sample graphics and posts here!
13. **Reach out to your local library or bookstore** – See if they'll set up a display for books about [disabilities and Down syndrome](#)!
14. **Start a conversation!** – Have a conversation with an individual with Down syndrome today. If you already have a loved one with Down syndrome, meet someone new! Say hi, introduce yourself! Encourage your kids, friends, and others to do the same!



# 31 WAYS (continued)

15. **Support Achievement:** — Individuals with Down syndrome can accomplish incredible things, but they need support! [Donate to GiGi's](#) to support FREE programs!
16. **Shop!** — Visit stores, coffee shops, and businesses that prioritize employing people with Down syndrome! Take your kids and friends so they can build relationships!
17. **Make it a movie night** — Get your family and friends together and watch movies that celebrate people with Down syndrome: [The Peanut Butter Falcon](#), [Champions](#), etc.!
18. **Foster friendships** — Encourage your children to befriend peers with Down syndrome. If they already have a sibling with Down syndrome, encourage them to reach out to a new peer at school! Promote inclusion from an early age!
19. **Get involved!** — Challenge yourself to become an (even bigger) ally for the Down syndrome community. Assist in events, fundraisers, or [volunteer at GiGi's Playhouse!](#)
20. **Talk to Teachers** — Encourage an educator in your life to check out our [Educator Symposium event](#) so they can be well-versed in teaching children and adults with Down syndrome!
21. **Support families** — Reach out to a family who has a loved one with Down syndrome. If your family has a loved one with Down syndrome, reach out to a new family! Talk to them, be a resource, offer support. Show that you care!
22. **Stop bullying** — Bullying's still a problem. Have conversations with your children about how it's not okay to pick on anyone for being different! Encourage them to advocate for others in schools!
23. **Put your skills to use!** — Are you a photographer? A writer? An accountant? Offer to teach a group of individuals with Down syndrome your skill! Think about what your skill set is and then reach out to your [local GiGi's Playhouse](#) to teach and mentor!
24. **Advocate for Inclusive Education!** — Talk to your schools. Explain the benefits of all children learning alongside one another!
25. **Promote Employment Opportunities** — Talk to your employer or another local business about hiring individuals with Down syndrome!
26. **Organize a group outing!** — Recruit people from your workplace or school to come together and volunteer for the Down syndrome community! Bring your group to [a GiGi's Playhouse](#) for a day!
27. **Take matters into your own hands!** — Organize a fundraiser for organizations that support Down syndrome. Whether it's a bake sale, car wash, or lemonade stand, every contribution counts!
28. **Style your school or workplace!** — Already picked up Down syndrome awareness merch? Great! Now pick a day where your classmates and coworkers all wear Down syndrome awareness colors (blue and yellow)!
29. **Advocate for accessible spaces!** — Talk to your work or school about making its space more accessible for individuals with Down syndrome. This can include ramps, elevators, and signage.
30. **Facilitate independence** — Encourage independence and self-advocacy among individuals with Down syndrome. Volunteer at your [local GiGi's Playhouse](#) to help with teen and adult programs!
31. **Be #GenerationG!** — Congratulations! You made it to the end of 31 Ways in 31 Days! Now that Down Syndrome Awareness Month is over, ensure that you stay generous, kind, and accepting year-round. If you haven't yet, [join #GenerationG](#) and encourage your friends to do the same!

