

# On World Down Syndrome Day - March 21st Celebrate Acceptance for All

## ROCK YOUR SOCKS for WORLD DOWN SYNDROME DAY



Down Syndrome Achievement Centers  
educate. inspire. believe.

#GiGisWDSD



### Why Do We Rock Our Socks on 3/21?

March 21st is World Down Syndrome Day—a day to celebrate the amazing individuals with Down syndrome!

### Why This Date?

Because Down syndrome happens when a person has three copies of the 21st chromosome (3/21—easy to remember!).

### Why Socks?

Chromosomes look like socks! We wear our brightest, funkiest, and most mismatched socks to celebrate the beauty of differences and start conversations about inclusion. Just like socks, we may look different, but we all belong together!

Be Accepting, Be Generous, Be Kind

