

Co-produced by

**Action for
Stammering
Children**

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

#AboutMyStammer

“My voice is important because we all deserve to be heard and to have a say in what we believe in. My stammer does not define me.”

- Phoebe

Some people talk differently to others.

People who stammer may stretch or repeat letters in a word, or they may get stuck. We just need a little more time to speak.

It's OK to stammer. In fact, 8% of young people in the UK have a stammer.

Action for Stammering Children is the national charity for children and young people who stammer, their families, and the communities who support them.

Find our handy tips & resources at

actionforstammeringchildren.org

Action for Stammering Children, Charity No: 801171, is a limited company registered in England and Wales under Company No: 2328627, with its registered office at 13-15 Pine Street, London, EC1R 0JG

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**“Try and stay in your mindset..
Don't get distracted by bullies
and people who are mean about
how you speak.”**

- M

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“Sometimes when you stammer, you have the support of people who care. Sometimes people aren’t very nice to you. Try to surround yourself with people who support you so that you feel more comfortable and confident”

- Freddie

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What is stammering?

Stammering (or stuttering) is neurological - this means it's something unique happening in someone's brain.

It means that some people may repeat sounds when they talk, like:

"C c c can I have a biscuit?"

or they might use longer letters in a sentence like:

"I'm wearing my ssssssssocks and sshsshshoes."

It's OK to stammer - in fact, everyone on the planet is different and unique in their own way.

A person may openly stammer, and some may hide it
(*this could be due to the negative reactions they have received*).

Every stammer is different!

It's important to give a person who stammers the same respect you would give anyone else.

How to support young people who stammer:

- Give us the same opportunities to speak
- Give us time to talk
- Be patient and try not to finish our sentences!

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