

Hello, my name is \_\_\_\_\_.



Here's what you should know about me:

I like

soccer



basketball



and

football

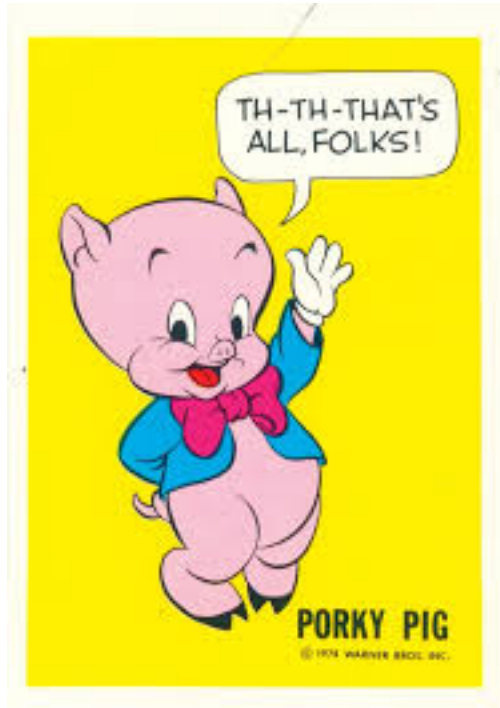


and I also...

**STUTTER**

# What is stuttering?

It's when it's hard to get the words out when you are talking.



Everyone stutters sometimes!

There are many ways a person  
can stutter. There is...

# PROLONGATION

That's when a sound goes on too long at the beginning of a word.



Ssssssssss

Rrrrrrrrrrr

Mmmmmm

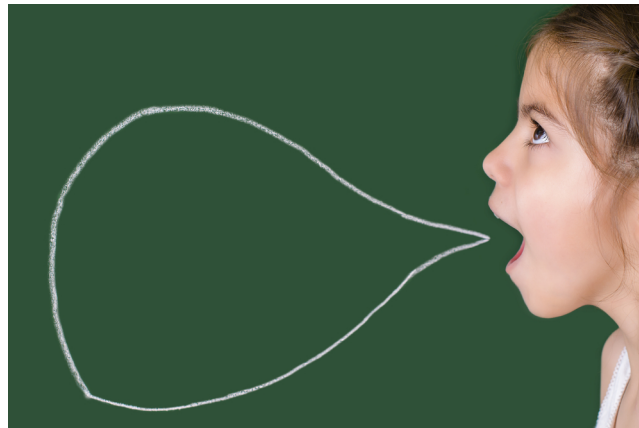
# DUPLICATION

That's when you say the same syllable or word more than once

Puh-puh-puh-puh   
(/pə-pə-pə-pə )

# BLOCK

That's when you try to speak but your throat is tense and nothing comes out!





# Filler Words

That's when you put in words that don't mean anything to stall for time

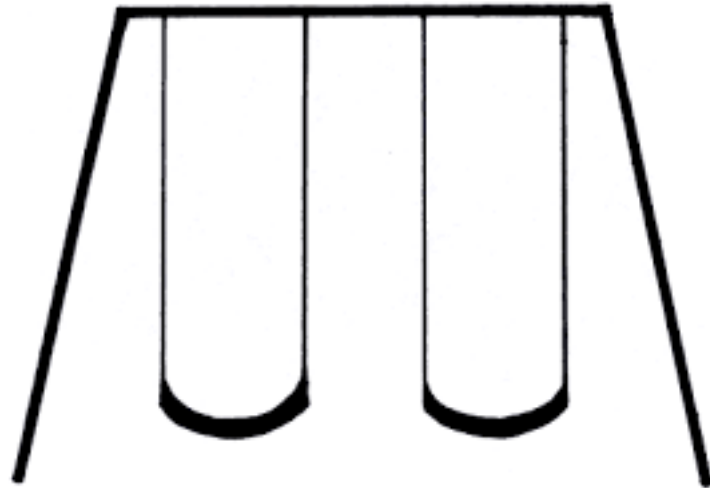
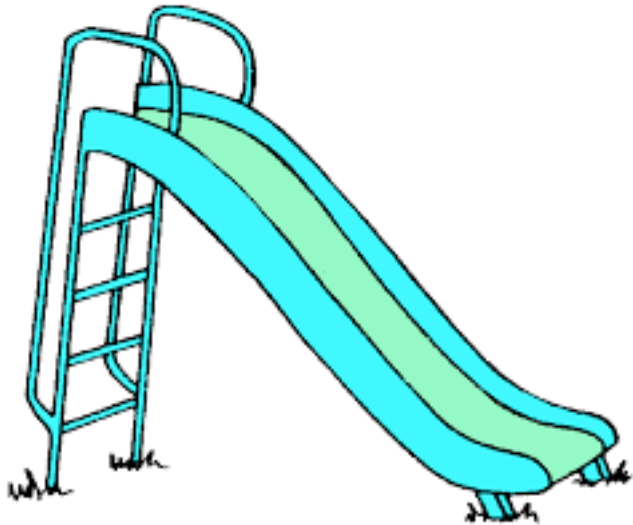


# Avoidance

Changing your words and sounds, or not talking at all, is called AVOIDANCE



Once I wanted to go on the slide, but I knew I was going to have a hard time saying “slide”. So I asked my friend, “Do you want to go on the sl---... swing?”



I didn't even WANT to go on the swing, but it was easier than saying “slide”!

That's called AVOIDANCE!

If you use avoidance techniques, you may not stutter, but it's very **STRESSFUL!**



# Who Stutters?

- About 5% of all children stutter for at least a six months period.
- Three-quarters of children who stutter recover by late childhood.
- About 1% of the population has a long-term stuttering problem.
- There are three to four times as many boys who stutter as there are girls.
- Almost half of all children who stutter have a family member who stutters.



Here are some  
famous  
people who  
stutter...

# Ed Sheeran

## *Musician*



# George VI

## *King of England*





# Moses

*leader of the Israelites*



Joe Biden

*Vice President of the U.S.*



# Marilyn Monroe

*actress*



# Samuel L. Jackson

*Nick Fury from The Avengers*



# James Earl Jones

*voice of Darth Vader*  
*from Star Wars*



# My Story

- I started stuttering in kindergarten.
- I have been going to speech therapy for four years.
- My dad, auntie, uncle, grandma and grandpa also stutter.



# What does stuttering feel like?

- It feels like taking without enough air
- It feels like your throat is really tight
- It makes it hard to talk



# Here are tricks that help me with my stuttering

- I take a breath before speaking
- I start over my sentence when I'm making a lot of stuttering mistakes.





# Here is how you can help:

- 1 Please take your time with me.
- 2 Do not make fun of me.
- 3 Know that just because I stutter doesn't mean I'm not smart.

Stuttering may be hard...  
but isn't going to stop me from  
being the best student and the  
best person I can be!



Do you have any questions?

