

Your Classroom Presentation:

It can be *anything*
you want it to be

Why would I want to do a classroom presentation about stuttering? (In other words, "What's in it for me?")

At first, when you think about talking about your stuttering, it can seem scary. To help you get started, ask yourself these questions: Have other people ever given you strange looks when you stutter? Have other kids ever asked you why you "talk like that?" These people just do not understand stuttering. They don't know how their reactions make you feel.

Other kids who have talked to their classmates about stuttering have found that when people understand stuttering, teasing and mimicking don't happen as much. You are the best person to help them understand stuttering because *you* are the expert about your speech.

When should I do my presentation?

- When others ask you about your speech
- If you feel funny about using your speech tools in the classroom
- When you have to do a regular classroom speech assignment

Who can I talk with about this with?

Your speech teacher is a good person to start with. Share this brochure with her to help you get started. You can also talk with your classroom teacher, or your friends in the NSA!

A message from your friends at the National Stuttering Association

Here at the **National Stuttering Association**, we know that it is okay to stutter. You can learn to manage stuttering successfully. Your SLP, teachers, parents, and friends are all a part of your support team—and so is the NSA!

We have lots of great posters about stuttering, newsletters and books just for kids and teens, and other great stuff to help you with your classroom presentation. Check us out on the web at www.WeStutter.org.

Above all, remember that *you are not alone* in dealing with stuttering. Through our publications, resources, website, conferences, and family of caring people who stutter, the National Stuttering Association will be here to help you.

One more thing...**we want to hear about your classroom presentation.** Please share your story with us—we might even publish it in **Stutter Buddies**, our great newsletter just for kids who stutter. Your experiences will help others have the courage to try it too! **You are the expert!**

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Teachers and parents:

**Please support the NSA with your time
and tax-deductible donations.**

The National Stuttering Association is a 501(c)(3) nonprofit organization. Since 1977, we have dedicated ourselves to providing hope, dignity, support, education, and empowerment to children and adults who stutter, their families, and the professional community.

The NSA offers sincere thanks to co-authors
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A Classroom Presentation about Stuttering: You can change how your classmates think about stuttering!

**You are the "expert"
about stuttering.**

**What you know about stuttering
can help others to understand...**

**Look inside for more
information about how
YOU can start helping
others learn more.**



A Classroom Presentation Can Help You Change Your World!

You and your speech teacher are **experts** about stuttering. You can use your knowledge to teach your classmates about your speech. This is important, because educated people don't tease other people.

Hiding stuttering and not talking about it can actually make things worse. Hiding stuttering can make you feel scared inside and can make it more difficult to use your speech tools.

You can change this by teaching others about stuttering, and the best way to do that is through a **classroom presentation!**

Getting Started On Your Presentation

Talking to your classmates about stuttering may seem scary and hard, but you can be as involved in your presentation as you want to be. You and your speech teacher can decide who will talk about each idea so you can do what feels comfortable for you.

Remember that **you** are the expert about your stuttering. You will benefit the most when you use your knowledge to teach other people!

To get the discussion started, your speech teacher can talk about what he or she does to help kids with all types of speaking difficulties. You may find that others in your class have been to speech therapy before. This can lead into your presentation about stuttering.

Sample Ideas for Discussion Topics

There is NO ONE WAY OF DOING THIS. The ideas that follow are examples of what other kids have talked about in their classroom presentations. Pick and choose what works best for you and use your imagination to come up with your own ideas. Above all, have fun, be yourself, and remember that it's okay to stutter!

*For even more helpful ideas,
call us at 800 We Stutter
or go to www.WeStutter.org*

Famous People Who Stutter

Many people have dealt with stuttering... athletes, movie stars, singers, writers, doctors, business people, teachers, lawyers, and Kings. They have been successful—and you can too!

Facts and Myths About Stuttering

Most people don't understand stuttering. They may have heard myths that people who stutter "are just nervous" or "talk faster than they can think." We do not know exactly what causes stuttering, but we do know a lot of other facts. You can set the record straight! Teach your classmates the facts about stuttering.

The Latest Research

You can also teach your class about *research* on stuttering! Your speech teacher can help you find some cool facts. Check out the NSA Website for a start (www.WeStutter.org).

The Speech Machine

Talking is a science. Help your classmates learn about how speech is made. The more they know about the science of speech and stuttering, the less mysterious it will seem.

How It Feels to Stutter

Your classmates do not know how it feels to stutter. You can show them different types of stuttering and have them try it so they can see that stuttering can feel tense and uncomfortable. It's not something you do for fun!

There Is No Easy Fix

Sometimes people give advice such as "slow down, relax, take a deep breath." This advice is more common when people do not understand that managing stuttering is more complicated than that. The more they learn, the better.

*You can help others learn
about stuttering...
...the NSA is here to help you*

What We Do in Speech Class

Most of your friends don't know what you do in speech class, but you can change that. Just like when you showed how it feels to stutter, you can teach the class some of your speech tools. This helps them see that using tools is hard and that's why you can't do it all the time.

It Is Nobody's Fault

Explain that no one is to blame for stuttering. People don't stutter because they are dumb or sick or because they did something wrong. Parents do not cause stuttering, and it's not a disease you can catch. It's not your fault that you stutter and your friends need to know .

Talking About Teasing & Bullying

Most everyone has been bullied at some point. Your friends can talk about how it made them feel when they were bullied, and you can talk about how you feel when others pick on you about your speech. You and your classmates can talk about how to deal with bullying. Remember that no one has to deal with bullying on their own. By sticking together, you can help each other! The NSA has a new booklet to help kids who stutter who have been bullied. Ask your speech teacher about it!

Question and Answer Time

You will probably find that your classmates are interested in stuttering, but were uncomfortable asking about it before. Now is a great time for them to ask questions . You may not have all the answers, but the discussions can be great!

Don't Forget the Snacks!

If it's okay with your teacher and parents, you can bring snacks for the question and answer time. A classroom presentation can be fun!