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Stuttering: An outline for a school class presentation

Stuttering is:

- not intentional: it just happens, like a hiccup
- <u>frustrating</u>: because it is hard to predict when it will happen
- mechanical: how my talking happens, not who I am
- something I try to control which can be EXHAUSTING.

Stuttering is not:

- contagious
- me being silly
- because I'm nervous (but being nervous can make it worse)
- because I don't know the answer, or what to say

What is helpful:

- wait
- ignore my stuttering, listen to WHAT I'm saying, not HOW it's said
- imagine, just for a moment, how I might feel
- ask me if you can do anything to help

What isn't helpful:

- don't finish my sentences this can be annoying
- don't mimic this is not funny to me
- don't laugh I may feel embarrassed

Famous people who stutter:

- Ed Sheeran, Chris Martin singers
- Joe Biden former US Vice President
- Tiger Woods golf pro
- Harrison Craig past winner of The Voice Australia
- Marilyn Monroe, Emily Blunt actress

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