

I AM A PERSON WHO STUTTERS.

I can speak but it sometimes takes me longer.

Here is how you can help me:

- Please make eye contact, even when I look away.
- Listen without interrupting and let me finish my sentences.
- Do not tell me to slow down, take a breath, or relax.
- If you don't understand what I am saying, ask me to repeat.

This is how I normally talk. Thank you for respecting my right to speak, and to be heard.

Stuttering is a neurodevelopmental condition that:

- causes involuntary physical stoppages that make speaking difficult.
- is variable and inconsistent, and different for each person.
- is intensified by stress, anxiety, time pressure and unhelpful listener reactions.
- is not correlated with low intelligence, impaired thinking, or lying.

While speech therapy can help lessen symptoms, it is not available to everyone and is not a cure for stuttering.

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