

Stuttering: An outline for a school class presentation

Stuttering is:

- not intentional: it just happens, like a hiccup
- frustrating: 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