

Stuttering 101

what is stuttering?

Stuttering is an involuntary disruption to the flow of speech.

Stuttering might sound like

- repetitions of sounds or words
- prolongations where sounds or parts of the word are stretched out
- blocks when it looks like the person is stuck, trying to speak with no sound coming out

Some people call stuttering a disorder but others just call it

a different way of speaking

Regardless, people who stutter may experience a fear of negative evaluation from others and therefore are more likely to avoid speaking situations.

myths about stuttering

MYTHS

People who stutter are less intelligent.

People who stutter are less capable.

People who stutter are just nervous.

People who stutter are not good communicators.

FACTS

Stuttering is not linked to intelligence.

People who stutter have achieved success in business, acting, media, hospitality, education and politics.

People who stutter may experience nervousness or anxiety. It does not cause stuttering but it can increase it.

Good communication is more than just talking, it also includes listening and understanding. People who stutter can still be good communicators.

Stuttering 101

how can I support a person who stutters?

Understand

that people who stutter may need a little more time to get their words out.

Listen

to what they have to say by letting them finish their sentences and try to keep eye contact.

Remember

that what they have to say is more important than how they say it.

Respect

that each person who stutters has unique preferences and perspectives about their stuttering.

Every person is unique.

If you have met **one person** who stutters, you have met **one person** who stutters.

for people who stutter

"It's nothing to be ashamed of to have a stutter."

Emily Blunt

Stuttering support groups in Australia:

Australian Speak Easy Association

<https://speakeasy.org.au/>

SAY Australia

(The Stuttering Association For The Young)

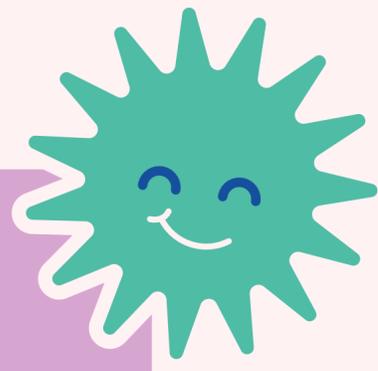
<https://www.sayaustralia.org.au/>

Watch and listen about stuttering



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people who
stutter** 



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talks with Joe
Biden and John
Hendrickson** 

**Have you
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A poem written and
spoken by
@mystutterandi 

**Every
voice
matters**

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**Watch "My beautiful stutter." and
"When I stutter."**