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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.

"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/>



STUTTERING 101



International Stuttering
Awareness Day

22ND OCTOBER

myths about stuttering

MYTH

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.

FACT

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.

watch and listen to their stories

In the Spotlight.



It's how we talk.

ABC News Breakfast.



Every voice matters.

Have you forgotten your name?
A poem written and spoken by @mystutterandi



When I stutter.

My beautiful stutter.



Emily Blunt talks with
Joe Biden and John
Hendrickson.



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.