

Information Sheet B

A Guide for Supporting Young People Who Stammer In School



Choose how you would prefer your teacher/s to support you

Name: _____

Class: _____

This is what I would like you to know about stammering:

- Stammering has a neurological cause. It is a difference in how people talk.
- Stammering can vary: some days I stammer more, other days I stammer less.

My stammer sounds like...

- ☐ Prolonged sounds e.g. "ssssssschool"
- ☐ Silent sounds (blocking) e.g. "ssss.....school"
- ☐ Repeated sounds (repetitions) e.g. "s - s - s - school"
- ☐ Talking less/not saying what I want to say

Having a stammering also means that I might...

- ☐ Switch words to say a word I might not stammer on
- ☐ Pretend I am thinking to avoid showing my stammer
- ☐ Pretend I don't know the answer to avoid showing my stammer
- ☐ Feel worried that I might stammer even if I am not stammering

Something else I would like to say...

This would help me me feel more confident and comfortable in school:

- ☐ Give me more time to say what I want to say
- ☐ Encourage the other students wait and give me extra time to speak
- ☐ Please avoid giving me advice such as slow down/take a breath - it doesn't really help change how I talk or how much I stammer
- ☐ Talk about stammering and/or neurodiversity with the whole class so they understand and respect different ways of talking and communicating
- ☐ Use the secret codes* (how I raise my hand is a code. A flat palm = I know the answer but don't call on me. Closed hand = I know the answer AND you can call on me to answer)
- ☐ Let me choose the order I join in speaking activities e.g. going first/second
- ☐ Please don't finish what I'm saying or guess the word I am going to say
- ☐ Please do not call on me to talk in class unless I raise my hand
- ☐ Let me choose how to reply in registration e.g. say my name/say 'here'/raise my hand

When I need to read aloud or present in class...

- ☐ Please let me choose the order I will join read or present e.g. going first/second
- ☐ Read with a partner (also called choral reading)
- ☐ Read/present to a smaller group instead of the whole class
- ☐ Record my presentation at home and play it in class or to the teacher

 If you are interested to learn more about stammering, please read this free resource by the Irish Stammering Association "A Comprehensive Guide to Understanding and Supporting Students Who Stammer"

