



**JUST**   
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In support of

**STAMMIA**

# Talking About Talking

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A talk for children in school  
about stammering



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# International Stammering Awareness Day

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Today we're learning  
how to listen, help,  
and celebrate  
**everyone's voice** –  
even when it sounds a  
bit different!



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# Welcome and Introduction

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Today we're going to talk about talking!

Everyone talks in their own way – and some people find talking a bit harder.

**That's okay! We're all different.**

# What Is Talking?

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**What do you think  
talking is?**



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# What Is Talking?



## What do you think talking is?

### Talking helps us:

- Make sounds into words
- Share ideas and stories
- Communicate with other people

# What Can Be Hard About Talking?

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Do you know anyone who  
finds talking tricky?



# What Can Be Hard About Talking?

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**Do you know anyone who finds talking tricky?**

**Sometimes people might:**

- Have a croaky voice
- Mix up sounds
- Find it hard to make sentences
- Find it hard to speak smoothly

# Who Can Help?

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**If someone finds talking hard,  
people who can help include:**

# Who Can Help?

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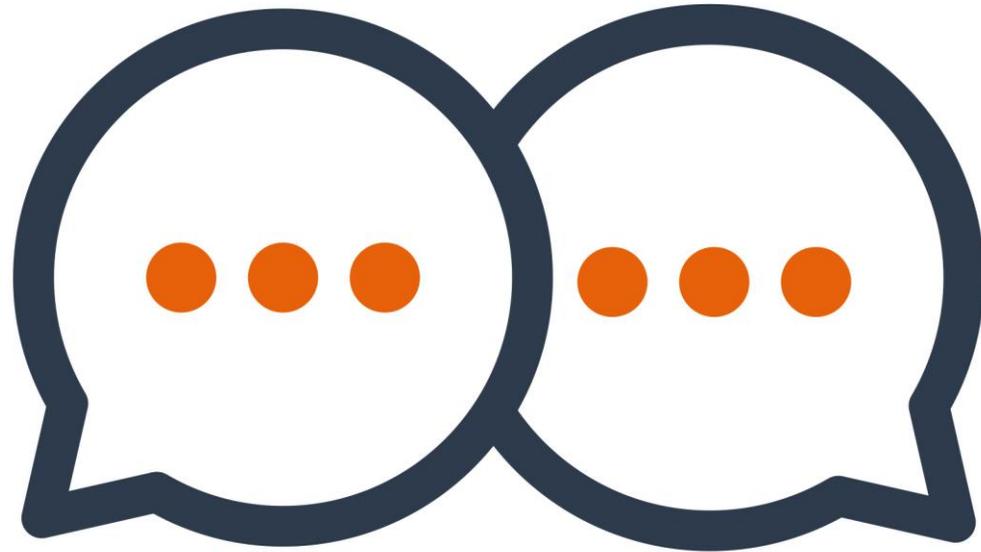
**If someone finds talking hard, people who can help include:**

- Speech and Language Therapists
- Teachers
- Family
- Friends

# What Is Stammering?

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What do you think  
stammering means?



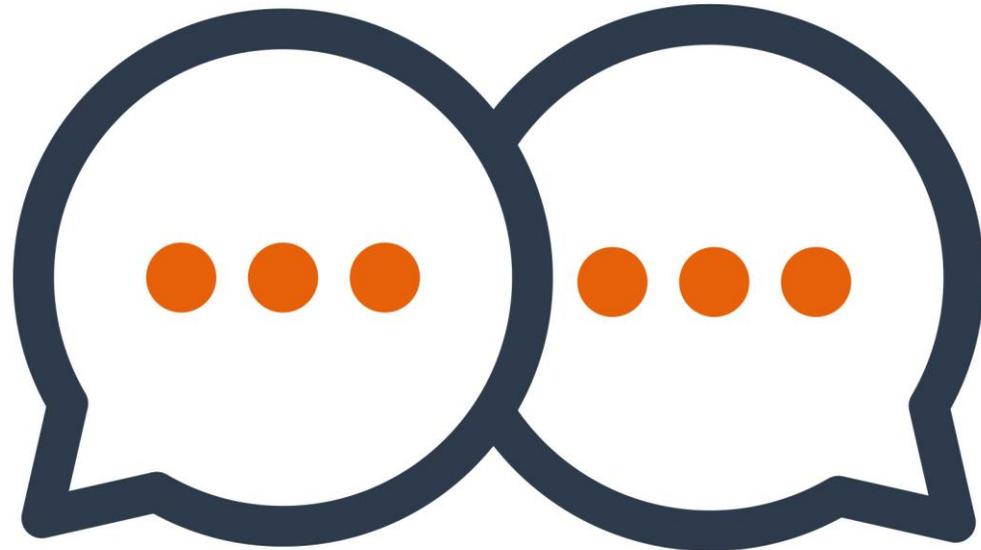
# What Is Stammering?

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## What do you think stammering means?

### Other words:

- Stuttering
- Disfluency
- Bumpy talking



# What Does Stammering Sound Like?

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## People might:

- - Repeat sounds: “d-d-d-do you want to play?”
- - Stretch sounds: “dddddo you want to play?”
- - Repeat words: “do-do-do you want to play?”
- - Get blocked – the word just won’t come out for a moment
  
- It can change – some days are easier than others.

# The Stammering Iceberg

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D...d...d...do you want to play with me?

**Annoyed**

**Frustrated**

**Sad**

**Can affect how I feel about talking**



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## Watch our Video

- Watch this video made by young people who stammer



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# Quiz Time

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1. Are there more boys or girls who stammer?
2. In a class like yours, how many children might stammer?
3. Can medicine make a stammer go away?



# Quiz Time

JUST   
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1. Are there more boys or girls who stammer? (**Boys**)
2. In a class like yours, how many children might stammer? (**About 5**)
3. Can medicine make a stammer go away? (**No**)



# Famous People Who Stammer

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Guess who has or had a stammer!



**Ed Sheeran**  
(Singer)

or

**Taylor Swift**  
(Singer)



# Famous People Who Stammer

JUST   
LISTEN

Guess who has or had a stammer!



**Ed Sheeran**  
(Singer)

**People who  
stammer can still  
do incredible  
things!**

# Famous People Who Stammer

JUST   
LISTEN

Guess who has or had a stammer!



**Emily Blunt**  
(Actor)

or

**Paddington Bear**  
(Actor)



# Famous People Who Stammer

JUST   
LISTEN

Guess who has or had a stammer!



**Emily Blunt**  
(Actor)

**People who  
stammer can still  
do incredible  
things!**

# What Are You Good At?

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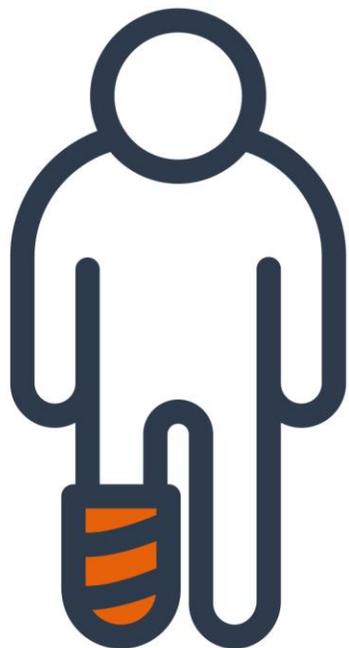
**What are you really good at?**

- Maybe football, drawing, reading, singing, or swimming?

**We're all good at different things!**

# How Would You Help?

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How would you help someone  
with a broken leg?

You can see a broken leg – but  
you can't see a stammer.

# How Would You Help?

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**How would you help someone with a stammer?**

**So how can we help?**

- Give people time to talk
- Listen carefully
- Don't interrupt or laugh

# What we want you to know

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- Some students in a secondary school wanted you to know these messages – listen carefully!



# Will This Help? Ask pupils to vote!

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**Copy their talking**



**Give them time**



**Look embarrassed**



**Call them names**



**Ask how to help**



**Be interested**



**Talk for them**

# Will This Help? Ask pupils to vote!

**JUST**   
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Copy their talking



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# How Would You Feel?

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## Role play when listeners:

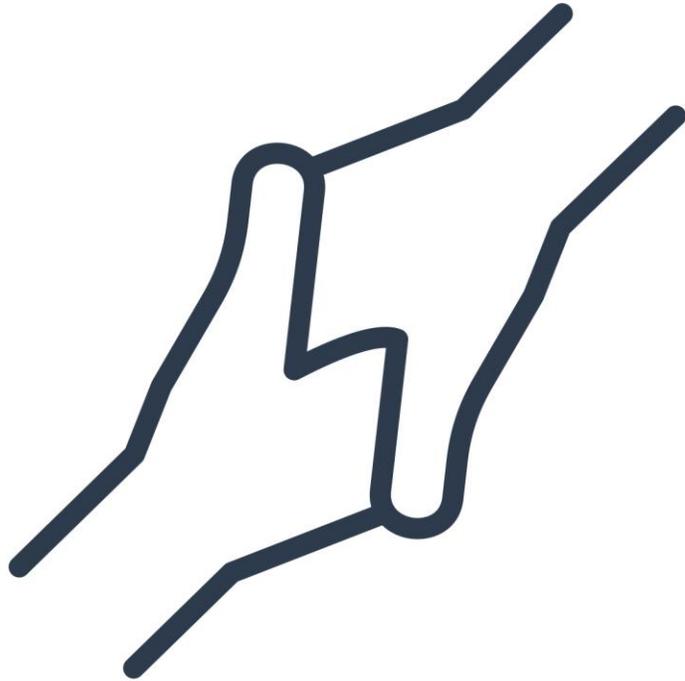
- Look away
- Interrupt
- Laugh



- How would that make you feel?
- When we listen kindly, we help people feel brave and confident to talk.

# Just Listen

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**When we help each other,  
things get easier – and  
we're all happier.**



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# Just Listen

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**Thank you for listening and joining in today!**

Children who stammer just need time, patience, and kindness.

When we support each other, school is a happier place for everyone.



## With thanks to:

- Siobhan Ward – Speech & Language Therapist
- Humber Teaching NHS Foundation Trust
- The Consortium Academy Trust
- Laila and Miss Lovel @Holderness Academy

# Resources

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## **Stamma (The British Stammering Association)**

[www.stamma.org](http://www.stamma.org)

[For Teachers | STAMMA](#)

Information, advice, and real stories from people who stammer.

## **Action for Stammering Children**

[www.actionforstammeringchildren.org](http://www.actionforstammeringchildren.org)

[ASC Stammer Awareness Toolkit - Action for Stammering Children](#)

Support for young people, schools, and families.