

Dear _____,

Hi! My name is _____, and I'm excited to be in your class this year. There's something I wanted to let you know about myself – I stutter sometimes.

Here's a quick FYI:

Myth: Stuttering always sounds like "I st-st-st-st-st-st-utter sometimes."

Truth: Every person who stutters sounds different - sometimes stuttering is silent blocks or prolonged sounds.

Myth: Finishing my sentences helps.

Truth: Actually, this makes it harder. Please wait for me to finish what I am saying first.

Myth: Stuttering means I'm shy, or not smart, or not confident.

Truth: It has nothing to do with that! I just have a different way of speaking.

Myth: Days where I stutter less mean I no longer have a stutter.

Truth: Stuttering varies day by day, and there isn't always a reason for it.

How you can help (I'll check the boxes that are helpful to me):

If I raise my hand, please call on me as you would anyone else.

If you're planning on calling on students randomly, let me know beforehand so I can be prepared.

Please do not call on me directly unless I raise my hand.

Please do not call on me unless I give you a signal, which is _____

If needed, please quiet the classroom down when I am presenting or speaking in class

The most important thing is to treat me just like everyone else.

If you have any questions or want to learn more about stuttering
(I'll check what I prefer)...

I'd love to chat with you about it

My parent would love to chat with you about it

My SLP would love to chat with you about it

Someone from SPACE (a stuttering nonprofit org) would love to chat with you about it

Stuttering is nothing to be ashamed of. We can talk about what works best for me or just discuss stuttering in general. Looking forward to a great year!

Sincerely,

PS: A great website to learn more is spacetostutter.org. More resources listed on the next page!

I'm including this page if I want to give you extra info:

My stutter sounds like this:

When I stutter, I feel like:

Ways I have (or would like to) help my classmates learn more about stuttering:

Resources for teachers

As a teacher, you probably know people learn in different ways. That's why the resources below are in different formats - so that you can choose what you prefer to learn more about stuttering!

Just remember that no experience is true for everyone - if you're unsure about anything relating to my stutter, just ask me!

Websites:

- spacetostutter.org
- friendswhostutter.org
- dysfluent.org

Podcasts:

- Proud Stutter
- Stutterology
- StutterTalk

Short Videos:

- *I Stutter. But I need you to listen.* (The New York Times) - search the title on youtube!
- *The Space Between My Words* (SPACE) - spacetostutter.org/media

Books:

- Book for adults: *Life on Delay: Making Peace with a Stutter* by John Hendrickson
- Book for kids: *I Talk Like a River* by Jordan Scott
- Book for kids: *Daniel the Digger Sp Sp Sputters* by Mackenzie Holland
- Comic book: *Franky Banky in Tales of Mischief, Mayhem, and Mirth* by Daniele Rossi

Social Media:

- @spacetostutter - great content all about stuttering and listening from SPACE
- @Stutterology - bite sized education posts about stuttering from an adult who stutters!
- @JustStutter - comics by an adult who stutters that reflect internal and external challenges many of us face