

# WITH US NOT FOR US



## Theme guide

Produced for

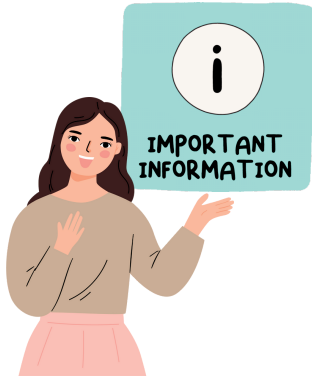


By



# WITH US NOT FOR US

Hello!



Thank you for downloading our theme guide.

This pack has been made by Down Syndrome International to explain the theme for World Down Syndrome Day 2023, 'With Us Not For Us'.

We have also made a video which you can watch on the WDSO website:

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



The theme has been developed from ideas generated by our team of Ambassadors. The Ambassadors are people with Down syndrome from around the world who represent people with Down syndrome in their country.



World Down Syndrome Day (WDSO) is a global awareness day that is observed every year on 21 March.



On WDSO we encourage people around the world to speak up together to create a single global voice. Together we advocate for the rights, inclusion and well-being of people with Down syndrome and other disabilities.



We hope you have a great WDSO 2023,

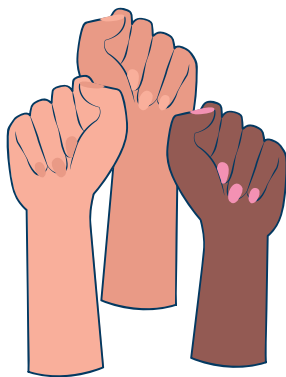
 **Down Syndrome International**



# WITH US NOT FOR US



For World Down Syndrome Day 2023, we call for people and organisations around the world to be With Us Not For Us.



The message of With Us Not For Us is key to a human rights-based approach to disability.



In the past, people with disabilities were treated as objects of charity who relied on others for help and support. The DSi network has moved on from this.



A human rights-based approach views people with disabilities as having the right to be treated fairly and have the same opportunities as everyone else, working With others to improve their lives.



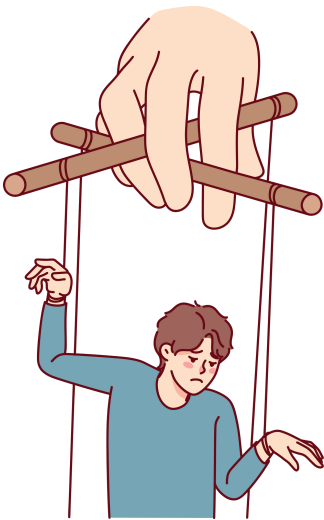
# WITH US NOT FOR US

## 1

Our first message is about having the freedom to make your own choices.



The United Nations Convention on the Rights of Persons with Disabilities call for everyone to have the freedom to make their own choices.



But people with Down syndrome often have poor or controlling support. Often their supporters do things For them not With them.



Our global network of people with Down syndrome calls for all supporters to be With Us Not For Us.



# WE CALL FOR ALL SUPPORTERS TO BE WITH US NOT FOR US.

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

# WITH US NOT FOR US

## 2

Our second message is about inclusion in the work of organisations.



The United Nations Convention calls for full and effective participation of persons with disabilities.



But many organisations exclude people with Down syndrome from taking part in their work. They take decisions For them not With them.



Our global network calls for all organisations to include people with Down syndrome and be With Us Not For Us.



**WE CALL FOR ALL  
ORGANISATIONS TO INCLUDE  
PEOPLE WITH DOWN  
SYNDROME AND BE  
WITH US NOT FOR US.**

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

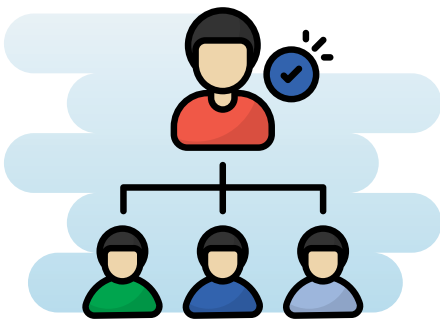
# WITH US NOT FOR US

## 3

Our third message is about organisations of persons with disabilities.



Down Syndrome International and its members are Organisations **of** Persons with Disabilities. This means we represent and work With people with Down syndrome, not just For them.



The United Nations Committee says that organisations of persons with disabilities should be involved in all policy and decision-making.



But organisations that represent people with Down syndrome are often excluded.



Our global network calls for all decision makers to involve organisations representing people with Down syndrome in all decisions, and work With Us Not For Us.





**WE CALL FOR ALL DECISION-  
MAKERS TO INVOLVE  
ORGANISATIONS REPRESENTING  
PEOPLE WITH DOWN SYNDROME  
IN ALL DECISIONS, AND WORK  
WITH US NOT FOR US.**

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



# LISTEN INCLUDE RESPECT

International Guidelines  
for Inclusive Participation



The Listen Include Respect guidelines have been created to help organisations of all types to be more inclusive of people with disabilities.

The guides include:

- producing and delivering accessible information,
- providing support,
- running inclusive meetings,
- including people with intellectual disabilities in consultations,
- and many helpful topics!



These guidelines can help organisations at different stages in their inclusion journey to take steps towards making their work more inclusive so that everyone can take part and share their valuable ideas.

Visit:

[www.listenincluderespect.com](http://www.listenincluderespect.com)



The Listen Include Respect guidelines have been written by Down Syndrome International and Inclusion International.





# Down Syndrome International



## About Down Syndrome International (DSi)

DSi is an international network of organisations of people with disabilities.

We work together to promote the rights of people with Down syndrome and other disabilities.

We speak up for inclusion on a full and equal basis with others.

We are also the custodians of World Down Syndrome Day. We develop the annual campaign theme and organise celebratory events at the United Nations headquarters in New York and Geneva.

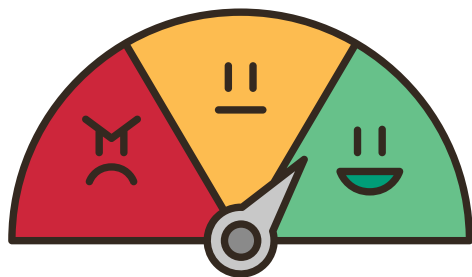


## Get in touch

If you need help, get in touch with the DSi team:

Email [contact@ds-int.org](mailto:contact@ds-int.org)

Phone +44 (0)1395 493108



## We value your feedback.

In April we will send you a survey to ask if these guides were helpful. We would appreciate any feedback you can give.

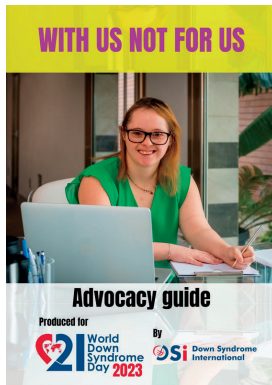
Visit:

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## OTHER GUIDES AVAILABLE



### **Advocacy guide**

Created to help you to speak up about the things that are important to you.

You can join us in speaking up for the rights, inclusion and well-being of people with Down syndrome and other disabilities.



### **Schools guide.**

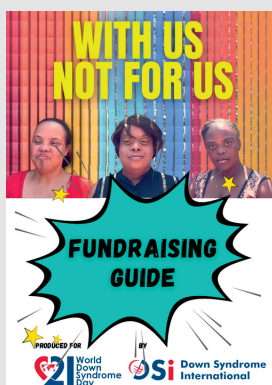
Created to help you talk with the children in your school about advocacy - speaking up about the things that matter to them and bringing about change in their world.



### **Organisations guide.**

Created to help your organisation to think about how people with intellectual disabilities are included in the work that you do.

The pack includes examples of great inclusion and tips to help your organisation to become more inclusive too.



### **Fundraising guide.**

Created to help you raise funds to support the work of organisations of people with disabilities, like Down Syndrome International.



Visit [www.worlddownsyndromeday.org](http://www.worlddownsyndromeday.org)

**ARE YOU  
WITH US?**



**WITH US  
NOT FOR US**



The logo for World Down Syndrome Day features a large '21' on the left. The '2' is red and the '1' is blue. A white globe is positioned between the two numbers, with red continents. To the right of the '21' is a large blue vertical bar. Further right, the words 'World Down Syndrome Day' are stacked vertically in a bold, blue, sans-serif font.

**World  
Down  
Syndrome  
Day**

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

