

STUTTERING MISCONCEPTIONS

More than 80 million people worldwide stutter, which is about 1% of the population

Let's de-stigmatize stuttering - one stutter at a time. Be an ally!

#HearUsOut #StutteringPride
#DifferenceNotDisorder

1

CAUSE

Myth: Stuttering is purely psychological and is caused by nervousness, stress or anxiety.

Reality: Stuttering is due to neurological differences in the human brain. Stress or anxiety may exacerbate stuttering but they are not the primary reason.

CHARACTER FLAW

Myth: Stuttering is a character flaw. People who stutter have an inherent personality or behavior flaw.

Reality: Stuttering has nothing to do with intelligence, character traits or behavior.

2

BREATHE, RELAX

Myth: Person who stutter just need to relax, take a deep breath and calm down before they speak.

Flaw: Such advice is not helpful. On the contrary, it tends to exacerbate stuttering and makes people self-conscious.

3

SPEAKING FOR THEM

Myth: If somebody is stuttering, It's okay to complete their sentences and guess what they're trying to say.

Reality: Finishing sentences or words is not helpful. On the contrary, it could hurt or embarrass them.

4

WHAT CAN I DO?

The best thing you can do is **be patient and kind**. Just give them their time and space.

5

IMITATION

Myth: If you're around somebody who stutters or try to imitate someone who stutters, you will develop a stutter yourself

Reality: While people may have a genetic pre-disposition to stuttering, you cannot "catch" it by being around people who stutter or imitating them.