



REACHING OUT

Publication of Friends: The National Association of Young People Who Stutter

St Louis Friends Workshop

May 2009



These are some of our Rock Climbers from the Friends Workshop held in St Louis in March 2009. These came in too late to publish in the last issue of Reaching Out, but here they are now. Nothing like taking some risks together, huh! Friends are Way Cool!

Fast Fact:

The Month of May is Better Speech and Hearing Month, and the second week of May is designated as National Stuttering Awareness Week. There are lots of ways that kids, teens, parents, adults and schools can mark these special events.

Did you do anything cool? Send us your ideas, and we will print them in next issue!

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If You Stutter, You Have Friends!

Teaching Kids Who Don't Stutter About Stuttering

Pam Mertz had the wonderful experience of visiting a middle school on Tuesday May 12 to talk to kids and teachers about stuttering, respect for differences and preventing teasing and bullying.

As part of National Stuttering Awareness Week, Pam, an adult who stutters, spent the day at The Menands School, which is just outside of Albany, NY. A couple of days before, Pam visited the school and met the principal and also met two kids who stutter, a third grader named Mohamed and a fifth grader named Tim. Pam and the boys talked about stuttering, and how sometimes they get teased by their friends who don't understand stuttering.

The presentation explained what stuttering is, how it feels, how to listen to someone who stutters and how to prevent teasing and bullying. Both boys participated in some of the hands on activities. Below are some pictures of this great day. Both boys have been invited to learn about and join Friends! Yay!



I was a little scared... and I did it anyway!



Young people who stutter show us acts of courage on a daily basis. They often make choices that may increase their risk of being uncomfortable, feeling different and possibly ending up at the receiving end of ridicule. Friends would like to honor these acts of courage, and encourage our young clients to continue taking risks and being honest about their stuttering.

My name is Michael.
I am 9 years old and live on Long Island.
I love baseball.
My favorite player is...
I stutter and I ran for student council at my school. I won!
I was a little scared...and I did it anyway!

My name is Zachary.
I am 7 years old and live on Long Island.
I really love football.
My favorite player is...
I stutter and talked to my class about stuttering so they would know why it takes me a longer time to talk sometimes.
I was a little scared...and I did it anyway!

My name is Ashlee.
I am 13 years old and live on Long Island.
I love playing soccer.
My favorite band is...
I stutter and volunteered for a part in my class play.
I was a little scared...and I did it anyway!

My name is Kristen.
I am 11 years old and live on Long Island.
I have two sisters
I love acting.
I stutter and wrote a letter to all my teachers telling them about my stuttering.
I was a little scared...and I did it anyway!

WE NEED YOUR HELP!

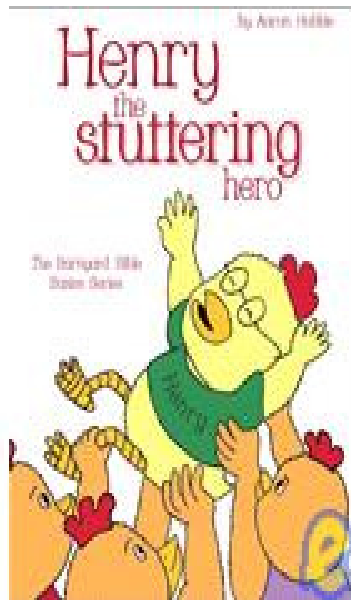
We will introduce these young people in our newsletter and let others know that there are many cool kids who are doing what they want to do ...and stuttering.

If you would like to send in a photograph with your submission, please do so. We would love to print it.

Mail to:
Lee Caggiano
38 South Oyster Bay Rd.
Syosset, NY 11791

Name _____
Age _____
Where do you live _____
Three things you want us to know about you:
1. _____
2. _____
3. _____
I was a little scared and _____

"Henry The Stuttering Hero"—New Kids Book



He's just a small chicken, but he hides a terrible secret.

Little Henry Chicken longs to be like his dad, his grandfather, and his ancestor, Henry Longspurs.

You see, little Henry Chicken comes from a long line of crowing champions. When put to the test, will Henry be able to live up to the family name? And not only is his talent challenged, but something very dire is happening on the O'Brien farm and Henry's the only one who can see it!

Will he be able to save his friends and family in time? Join Henry Chicken, the barnyard animals, and Farmer O'Brien on this delightful adventure where one little chicken learns a big lesson and becomes Henry the Stuttering Hero!

This book is written by Aaron Hubble, and is available through a number of on-line book sources, including Amazon. It was published in November 2008, and it is part of the Barnyard Basics Series. This book is appropriate for ages 9-12, but both younger and older kids will also find an appealing message. Henry learns a surprising lesson about his stuttering and all that he can do and feel good about himself.

This would be a great book for classrooms and libraries, and for parents of kids who stutter.

Denver Friends Workshop June 13, 2009

The National Association for Young People Who Stutter and the Center for Stuttering Therapy Present:

Children, Teens and Adults Who Stutter: Families, Professionals and Friends Working Together

June 13, 2009 9:00am — 4:30pm The Center for Stuttering Therapy 4202 East Yale Ave,
Denver, CO 80222 Call for information: (303) 722- 0712.

Workshop presenters include: Patty Walton, M.A. CCC-SLP, Mary Wallace, M.A. CCC-SLP

Dr Peter Ramig, PhD; CCC-SLP, Anne Treloar, M.A. CCC-SLP and

Vanessa Sacchi M.A. CCC-SLP

.5 CEU's offered by ASHA, Approved Continuing Education Provider Early registration by 5/23/2009

**Don't Miss the Twelfth Annual Friends Convention
July 23-25, 2009**

Tampa, Florida at Embassy Suites, near Busch Gardens
Plenty of activities for everyone:
Workshops for kids, teens, parents and adults who stutter.
Exciting Keynote speakers. CEU events for SLPs.

For more conference information, be sure to visit www.friendswhostutter.org

**New activities on tap, including innovative projects using technology,
just for kids and teens**

**Saturday Family night of fun, music and dancing
A special weekend of support, caring and Friends!**

Friends Has Their Own Facebook Page

Hey Kids, Teens, Adults, Parents, Professionals and Anyone who cares about people that stutter, Friends has their own Facebook page:

<http://www.facebook.com/group.php?gid=96715691549#/group.php?gid=96715691549>

There are so many people, young and not so young, on Facebook, that we wanted to be sure we join in and not lose an opportunity to connect with anybody who needs Friends.

The group has just been created, and anyone is welcome and encouraged to write on "The Wall" start discussions, ask questions, add photos, videos , links, whatever you want to share with each other.

It might be a perfect place for parents to ask questions of each other, and for kids and teens to offer words of wisdom and encouragement to anyone who might need it.

Please visit the page, and visit it often. Tell all of your Friends, teachers, family members, anyone who has a Facebook account.

Friends: Amazing Stories of Courage Again and Again

Young people who stutter show us acts of courage on a daily basis. They often make choices that may increase their risk of being uncomfortable, feeling different and possibly ending up at the receiving end of ridicule. Friends would like to honor these acts of courage, and encourage our kids to continue taking risks and being honest about their stuttering.

CONQUERING MY FEAR By Triston

I, Triston, am 13 years old and live in Denver, Colorado. I read "Taking Care of Bullies" in the Jan-Feb 2009 Reaching Out. Stephen is my friend. He is now 11 years old. He wrote his letter last year. He and I have done therapy sessions together. Stephen's letter is excellent. It let me know that I can handle bullies all by myself.

I had a fear of reading out loud in class. It all started in the fifth grade when we had to read a book called Waking Two Moons. The kids teased me after I read. Today, in 8th grade there is no more teasing. I overcame the fear by telling myself that I am the best reader out there and I used a technique called "pausing and phrasing."

So to all of you who stutter when you read, tell yourself that you are the best reader out there and use your successful speech tools .



IT'S NOT ONLY ME! by Leila Krcic, age 15

I always thought I was the only person in the whole wide world, in the United States of America, in the state of New York...that stuttered!

I never knew there were other people that stuttered too, until I went to my first group meeting where I met other teens that stuttered. The first thought that came to mind was, I am not the only one???

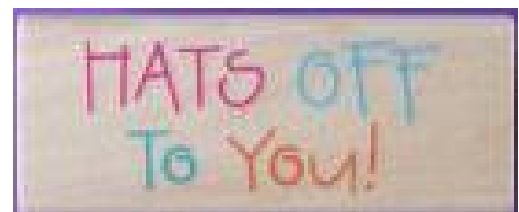
Why wasn't I told? My first group meeting changed my life. I met six amazing teens and heard their views on stuttering. They inspired me to be more open about my stuttering with others, to participate in school, but most of all to accept that I stutter.

When I met each teen, never in my life was it that easy for me to introduce myself. Just talking about stuttering was so easy. I didn't feel the need to hide my stuttering or feel embarrassed!

Talking about stuttering with others really helped me break my shell in school and around friends I can admit I've become a tad of a chatterbox.

Congratulations Triston and Leila!

FRIENDS IS SO PROUD OF YOU!



FRIENDS News & Notes:

Our newsletter is offered both in print and electronically. You will receive both versions, unless you tell us otherwise.

The e-version allows us to reach a wider audience, and make use of technology. E-RO can be found linked on the Friends webpage. Check it out.

Stepping Up Program (S.U.P.)

This is a teen mentoring program. You can have a teen to talk to, or you can befriend and help someone younger who stutters. Contact Lee at LCaggiano@aol.com

Visit www.stuttertalk.com for new episodes about stuttering! Look for stuttertalk's page on Facebook. Start a discussion!



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Website: www.friendswhostutter.org

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Be Sure To Check Out The Friends Convention Video



<http://www.youtube.com/watch?v=gf2VhkawFQY>