

# Stuttering Awareness

## Word Search

ACCEPTANCE  
ANXIETY  
AWARENESS  
BULLIED  
CALLS  
CAUSES  
CONTROL

COURAGE  
DEPRESSION  
EMBARRASSMENT  
FEAR  
HARD  
HIDE  
LETS EDUCATE

ME  
MOSES  
NEUROLOGICAL  
PHYSIOLOGICAL  
READING OUT LOUD  
ROCK STAR  
STRESS

STRUGGLE  
STUTTER  
SUPPORT  
THERAPY  
VOICE  
WHY

N E U R O L O G I C A L Z M R  
A N X I E T Y C O U R A G E P  
W L E T S E D U C A T E A M H  
A C C E P T A N C E H D S B Y  
R O C K S T A R M O I E U A S  
E B U L L I E D E N Y P P R I  
N G Q S T R U G G L E R P R O  
E C A U S E S O Y S U E O A L  
S R M T S A U P N P L S R S O  
S E S O M T A Z X O R S T S G  
V D W A L R U A R S Z I H M I  
O B Q O E E W T J C F O A E C  
I C U H D S N Q T V E N R N A  
C D T I F O K X R E A C D T L  
E W H Y C A L L S T R E S S P

See resources on back side.



**STUTTERING**  
DESIGNER

To bring Stuttering Awareness to people.

# Stuttering Awareness

## Resources

### – WHAT IS STUTTERING?

Stuttering is a communication disorder involving disruptions, or “disfluencies,” in a person’s speech. In addition to producing disfluencies, people who stutter often experience physical tension and struggle in their speech muscles, as well as embarrassment, anxiety, and fear about speaking. Together, these symptoms can make it very difficult for people who stutter to speak, and this makes it difficult for them to communicate effectively with others.

### – WHAT CAUSES STUTTERING

The precise causes of stuttering are still unknown, but most researchers now consider stuttering to be a neurological condition that interferes with the production of speech. In some people, the tendency to stutter may be inherited. Although the interference with speech is sometimes triggered by emotional or situational factors, stuttering is basically a neurological and physiological – not psychological in nature.

### – CAN STUTTERING BE CURED

Despite scientific breakthroughs in our knowledge about stuttering, there is still no reliable, research-backed “cure” that works consistently, over time, and for all people who stutter.

Many individuals benefit from various forms of speech therapy and from support groups like the National Stuttering Association.

However, it is unrealistic to expect that any treatment will make stuttering completely disappear. Despite common myths, there is no therapy, device, or drug that is effective all the time or for all people who stutter. Methods that appear to benefit some individuals may not work for others, and relapses are common. Controlling stuttering is a long-term project that begins with acceptance of one’s stuttering and requires considerable amount of patience and understanding.

### – STUTTERING POPULATION

The Stuttering Foundation states that males are 4x more likely to stutter than females do. Also states that more than 70 million people worldwide stutter, which is about 1% of the population. In the United States, that’s over 3 million Americans who stutter.

### – WHAT HELP IS AVAILABLE?

If you would like resources on What Is Stuttering, What Causes It and Can It Be Cured, check with the following websites for more information. Also with your child’s school for other resources.

#### **National Stuttering Association**

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

#### **The Stuttering Foundation**

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

#### **American Institute for Stuttering**

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



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