



## HOW I BEGAN TO STUTTER

MY NAME IS PHOENIX. I AM 11 YEARS OLD. WHEN I STARTED STUTTERING, I WAS 4. I HIT MY HEAD ON A VENT AND WOKE UP IN THE ER. AFTER TWO WEEKS, I STARTED STUTTERING. MY SPEECH TEACHER GAVE ME A PACING BOARD TO SLOW MY SPEECH DOWN AND SHE IS VERY NICE. SHE TOLD ME TO NOT GO "HHHHHHH" SO MUCH BEFORE I TALK. THAT'S HOW I AM NOW. YOU MIGHT WANT TO GET YOUR OWN PACING BOARD.

PHOENIX, 11, FROM OMAHA, NE

My name is Micheri and I am 8 years old. I like to play games such as restaurant with my little sister named Jai'lah and my dog. When I stutter I think of light over my head then I look up and breathe and look down and dream that I'm on a cloud. One time I did a presentation to my class then at a meeting for people who stutter.

Micheri, 8, from Bloomington, IL



NO NEGATIVE FEELINGS

I really do not have negative feelings about my stuttering. I know a lot of kids are sad that they stutter, but I don't see a problem with it. My friends are not bothered by it either and nobody makes fun of me, which I like. As I said before, I don't care that I stutter, but I still work on it by taking a deep breath before I speak and using easy onsets. My friend and I have a code for when I stutter. She says the code word and I restart my speech to make it smoother. Thanks for listening to how I feel about my stuttering.

Laila, 5<sup>th</sup> Grade  
Munster, IN



Hi, my name is Zachary and I stutter.

I am a senior in Torrance, California. I have been stuttering since I was in elementary school, so quite a while. I've learned some strategies in my speech group for helping me in moments of stuttering. Some of these strategies are relaxing before speaking, thinking about my comment before I say it, and talking at a slower rate. I also have tried calming down my muscles in my face, tongue, and throat.

These are good strategies, but let me share what works for me. I deal with stuttering in a very weird way. What I do is I either stop and make a weird sound (like "ahhhh") and start over. Or I just continue with the sentence as if I didn't stutter at all. These strategies both work for me, but at different times.

Being part of the volleyball team at my high school has really helped me. In volleyball I need to talk a lot, so learning to talk clearer is really helpful. Another hobby I have is playing video games. I find gaming helpful because I get to talk with other people in the game. I am not embarrassed by my stuttering. I enjoy testing people's patience. ;)

Zachary, 12th grade  
Torrance, CA

Mary Eliza, from Wexford, Ireland

My name is Mary Eliza. I am in a group called the Cupcake girls.

We go to the group every Tuesday. I like all the people in the group. It is an all girl group. We all like to bake and eat and play games.

It is where we use our Frog words, snake words, talk about stuttering and bake and eat!

The speech and language therapists are really nice and supportive but are just ok at baking.

Thank You from Wexford, Ireland

Mary Eliza



## FORTNITE



**My name is Nasyr and I am 10 years old. I am in the 5<sup>th</sup> grade. I started to stutter at the age of 8. I was born on February 2. I like to play Fortnite and PUBG.**

**Nasyr, 10, from Madison, WI**

## I DON'T GET SCARED

My name is Nikolas and I go to speech on Wednesdays. I like to play video games. My favorite games are Fortnite and Roblox. I also speak three languages. When I stutter, I don't get scared. I take a deep breath and I go back to what I was saying. I only need to take deep breaths when I say big sentences.

Nikolas, 1<sup>st</sup> Grade, from Munster, IN

## Just a Normal 7<sup>th</sup> Grader

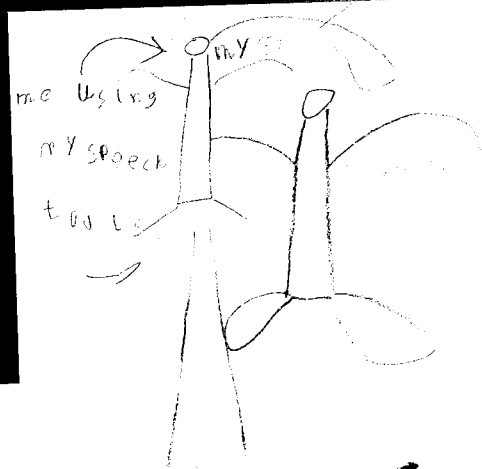
My name is Katelyn and I am a 12-year-old seventh grader. I have a stutter, and started speech therapy in 5<sup>th</sup> grade. The summer before fifth grade, my family and I moved, and I had to change schools because our new house was an hour and a half away. This made my stutter worse. My mom talked to my new school's speech therapist and I started with her. At first I was nervous and kind of embarrassed, but as that year went on I began to enjoy speech, make some friends, and get used to my new school. My speech therapist, Mrs. M, has helped me so much.

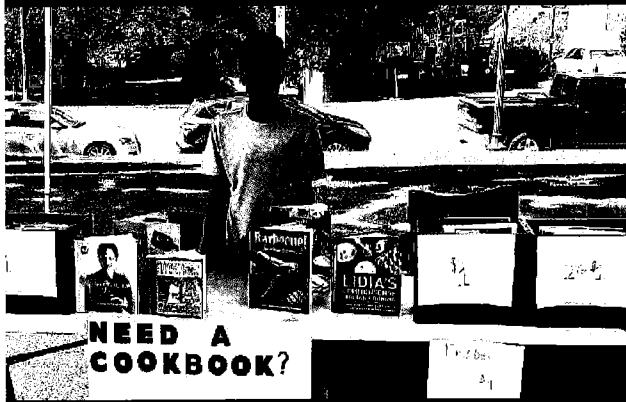
I've been in 3 plays at my school now and a few plays outside of school. I even played Chip in a production of Beauty and the Beast at a local theatre. I love acting because when I'm playing a different character it helps me to just relax and forget about the real world for a while. I also love singing. I don't stutter when I sing and when I sing I feel very alive and good. I'm also involved in band. I play the clarinet. I'm also an intermediate gymnast.

I love gymnastics!

The strategies I like to use are light contact and slow speech. Just remember, you don't have to hide who you are to make others happy. Everyone has things that make them unique. Embrace your stutter. Find friends who love you, and don't listen to the bullies. In fourth grade at my old school there was a group of boys who loved to tease me, but I had friends to help me through it, and you can, too! Whenever your speech gets really bumpy, just try not to worry too much. Just take a deep breath, relax, and think about your speech, and it will improve. I hope my advice helps you.

Katelyn, 12, from Gladstone, MI





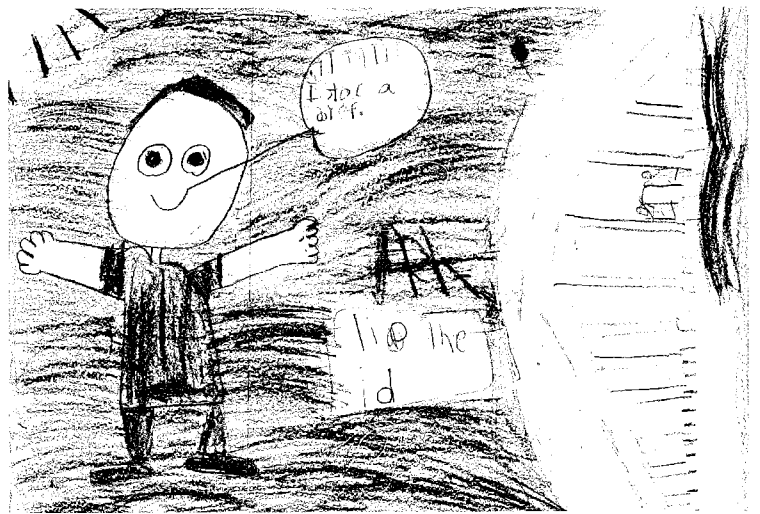
## My name is Daniel

and I am an 8th grader in Franklin, MA. During this year we are asked to do a Capstone project, which is somewhat like a senior project in high school where each student is asked to raise money for a charity of choice. The charity I chose was the Stuttering Foundation. I raised \$197. I did this by holding a movie night where we showed *The Sandlot*. I also collected donated cookbooks from students and faculty and sold them at a farmer's market.

I chose the Stuttering Foundation to raise money because I have struggled with stuttering. I know that there are multiple degrees of stuttering and I was fortunate that mine was not severe but I still needed a speech therapist. It is something that I still continue to work on to this day.

I hope that you can use this money to help others who are affected by this speech impediment. Thank you for all that you do.

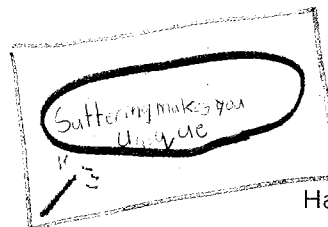
Sincerely,  
Daniel, 8<sup>th</sup> Grade, from Millis, MA



## MY BRAIN FEELS CONFUSED

My name is Isaac. I am 7 years old and in the 2<sup>nd</sup> grade. I go to speech to learn to slow down. When I stutter my brain feels confused. I don't like when people talk for me. I get stuck and I say "I I I I I".

Isaac, 7, from Hollister, CA



Hi! My name is Olivia! I'm 9 and I live in California. I love to swim, do aerial yoga, and read Harry Potter. My dad likes to collect tarantulas, snakes, and hissing cockroaches. My mom raises butterflies.

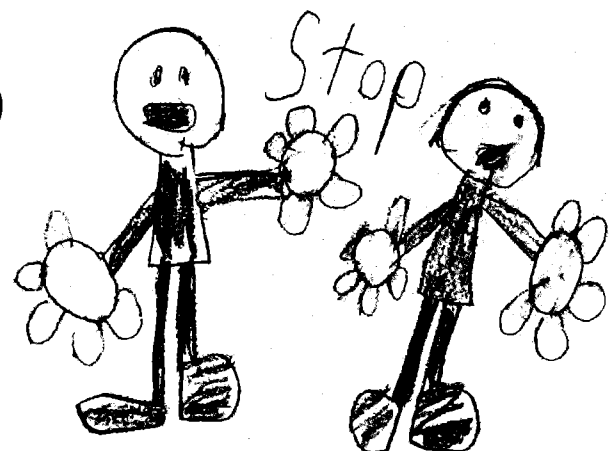
I sometimes stutter. I've gone to speech therapy for two years. My strategies are like pills with medicine for stuttering. My favorite strategy is cancellation. Everyone remember: stuttering makes you unique!

Olivia, 9, Costa Mesa, CA

## I AM PROUD

My name is Brock and I like video games. My favorite video games are Harry Potter and SpongeBob Baseball. If someone tells you to stop being bumpy, you should go to your speech teacher for help. Sometimes you have to ignore other kids. I am proud of my speech!

Brock, 1<sup>st</sup> Grade, from Munster, IN



# IT DOESN'T HOLD ME BACK

Hello, my name is Blaize and I am 12 and in 7<sup>th</sup> grade and I stutter. I have been stuttering since I was about five years old, and it can be frustrating at times. The ways that stuttering can be frustrating is when people don't know that I stutter and just cut off my sentences. Most of the time, when I do stutter, I tend to have a block and get stuck on a word. More recently though, I have been having repetitions on words that start with the letters D, P, and B. Even though I have been stuttering for 7 years now, I don't let this hold me back. I have accomplished many things that make me stand out from the group. I am a 7<sup>th</sup> grader in 8<sup>th</sup> grade math and have also won many math related competitions in a game called Math 24. One tough thing about Math 24 is that you have to call out answers really quickly which can be difficult for someone who stutters. In my 2 years of doing Math 24, I have won 2 county titles and placed silver twice in the state finals (top 16 in Pennsylvania). I also consider myself a "mathlete" since I have been playing basketball for as long as I have been stuttering. I have made several all-star teams, and also my 7<sup>th</sup> grade team for Northley. Basketball is sort of a thing that cheers me up when I get down about stuttering. So, even though I do stutter, I accept it.

Blaize, 12, from Aston, PA



## My Stuttering is a Piece of Me

My name is Heather and I am from Covington, Washington. I'm in the 6<sup>th</sup> grade, going to middle school next year. I like to watch YouTube, play phone games, and dance. I am part of a cheer squad. Also, I stutter. It's one of the interesting things about me! I've been stuttering since I was 3 years old and it seems like I haven't stopped. Sometimes it goes away for a while and then it comes back. Sometimes it feels like my throat is tight. I am feeling very nervous about 7<sup>th</sup> grade because I'm scared to stutter in a new place with new people.

I made a PowerPoint for my class and presented it to teach them about my stutter. I included fun facts and myths about stuttering and I showed them a video about Ed Sheeran's experience with stuttering. They gave me the thumbs up and now I'm more comfortable in class. I decided I want to participate in the talent show at our school. I will sing Lost Boy by Ruth B. on a stage by myself. If I get nervous I will smile and calm down by looking at my mom.

Here's my advice: Never give up! Everybody has things that make life harder but don't let it stop you from being yourself and doing what you want to do.

Heather, 6<sup>th</sup> Grade, from Covington, WA

