



# ROCK YOUR SOCKS

## WORLD DOWN SYNDROME DAY

### MARCH 21

World Down Syndrome Day (WDSD), March 21, is a global awareness day which has been officially observed by the United Nations since 2012.

The date for WDSD being the 21st day of the 3rd month, was selected to signify the uniqueness of the triplication (trisomy) of the 21st chromosome which causes Down syndrome.



Since the chromosomes look like socks, wear bold, brightly colored, mismatched socks. So when someone asks, "What's with the socks?" it's the perfect opportunity to share about WDSD!

For WDSD 2023, we call for people and organizations to be:

### **With Us Not For Us**

This calls for everyone to have the freedom to make their own choices, for full and effective participation of persons with disabilities, and for organizations like DSAP should be involved in all policy and decision-making.

**WE LOOK FORWARD TO SEEING HOW YOU ROCK YOUR SOCKS**

When you share photos, use the tags [#WorldDownSyndromeDay](#) [#WithUsNotForUs](#) [#dsapgh](#)