

Peer Information Sheet: Intellectual Disability

All of us are unique. We all have strengths, and we all have areas where we are still learning. We are all born with different hair, eyes, personality, and fingerprints. We can always find something we have in common with someone else like an interest, hobby, or activity we enjoy.

*Some students have intellectual disability. Just like hair or eyes or fingerprints, this is a **part** of them, but not **who they are**. When you take the time to get to know them, you'll find there are lots of things you have in common.*

About Intellectual Disability

Learning

If a student has an intellectual disability, it means they might find learning, solving problems, or doing 'every day' things like telling the time tricky. It doesn't mean they CAN'T learn these things! It just might take them a bit longer.

Play

Students with intellectual disability usually love to play – just like you! If there are lots of rules to a game, they might need more help. Maybe you can play with more simple rules. Or maybe you could get them to copy you!

Talking

Some students with intellectual disability might talk a little bit more or less than other students or they might talk and sound a little different. Sometimes you might not be able to understand what they are saying. Sometimes they might not answer you. They probably aren't ignoring you on purpose. You might not have their attention. You can try getting their attention again if that happens.

Emotions

Some students with intellectual disability get tired easily. Some might also find it hard to calm down when they're upset. If you see them upset and you're not sure what to do, you can get a teacher. Teachers are great at helping students when they're upset. You can also help them by showing them that you care.

Helpers

Some students with intellectual disability might have a helper in the classroom. This is to help them learn. You can still talk and work with them when their helper is there. After all a helper is not quite as much fun as having a friend the same age to talk to during class!

Just like you

Teenagers with intellectual disability have lots of ways in which they're just like you. They have their own interests, preferences and hopes and dreams, just like you do. They want to feel like their ideas, views and input is valued, just like you do. And they want to feel connected – like they belong – through having friends, going to parties, hanging out, and being included... just like you do.

