



LOOK OUT FOR

### There are many different sorts of disabilities:

- You might use a wheelchair, or you may be hearing or speech-impaired, or you might have a learning disability.
- If you have a friend or relative with a disability, try to see things from their point of view. Chances are they don't want your sympathy - just understanding.



WHAT NEXT

### Think about:

- Joining a club or group where you can chat to other people with similar difficulties.
- If you are feeling down, or there are things your school could do to make it a better place for you to be, tell someone.



CONTACTS

- Connexions Direct  
080 800 13 2 19  
[www.connexions-direct.com](http://www.connexions-direct.com)
- [www.whizz-kidz.org.uk](http://www.whizz-kidz.org.uk)
- [www.actionforkids.org](http://www.actionforkids.org)
- [www.mencap.org.uk](http://www.mencap.org.uk) 0800 808 1111
- National Bureau for students with Disabilities 0800 328 5050  
[www.skill.org.uk](http://www.skill.org.uk)
- [www.enabledpeople.co.uk](http://www.enabledpeople.co.uk)
- [www.dishuk.info](http://www.dishuk.info) 0800 181 067
- [www.dialuk.info](http://www.dialuk.info)
- [www.direct.gov.uk](http://www.direct.gov.uk) go to 'Young people' then 'Young disabled people'
- [www.channelmogo.org](http://www.channelmogo.org) go to 'Need some advice'

# Young people with disabilities



***"I used to think the world was against me. Now I'm really excited about the future."***

Having a disability could mean you are unable to do some of the things that other people can do. You may face more challenges but life can still be fun and full of personal achievement.

Being a young person can be a tough time. Sometimes it's even harder with a disability. Everyone wants to fit in and it can be easy to feel you are alone. Remember you don't have to go it alone - there's loads of support out there for you.

This can be an exciting time. Your parents have probably made most decisions for you - now you may be able to start to make some choices for yourself.

Just because you have a disability of some sort does not stop you from living a full and exciting life. There are clubs for young people with a disability, look at the events section on [www.channelmogo.org](http://www.channelmogo.org)

Aim high and you'll achieve.

