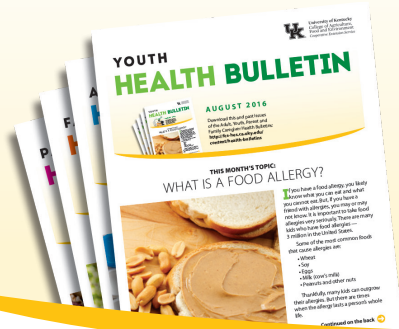


# YOUTH HEALTH BULLETIN



**APRIL 2018**

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

## THIS MONTH'S TOPIC: KIDS WITH DISABILITIES ARE JUST LIKE YOU!



**Y**ou may have heard of someone use the term "special needs" when talking of "disabilities." But what does special needs mean? Special needs means that a kid might need extra help because of a medical, emotional, physical or learning issue. The special needs that these kids might need can include certain medicines, equipment, therapy or extra help during school with things you may even need help with sometimes.

**Continued on the back** ➔



# Inviting someone with special needs to play with you or to join your friends at lunch can make a huge difference in their day.

➔ Continued from page 1

Some special needs are easy to spot — like a kid in a wheelchair or kids who have hearing aids. However, you might not be able to spot all of them. A kid in your class could have a problem that is not easy to see unless you know them well. For example, someone could have trouble with worrying too much. Remember, they are kids too. Everyone has both challenges and strengths.

People who have special needs deal with different challenges every day. The good news is that you can be a big help. Usually, just being a friend is a major help! Asking if they want to play with you or inviting them to join your friends at lunch can make a huge difference in their day. You could even ask them to play basketball with you. Can special needs kids play sports or participate in the same activities as other kids? Yes! They may just need special equipment to play or modify the way that they play.

Being kind to kids with special needs is one of the best ways to be helpful. If you see someone being bullied or teased, make sure to tell a teacher or a parent. Being teased can be tough for anyone and hurt people's feelings.

Kids can be born differently abled or become differently abled from an accident or illness. Remember, you cannot "catch" a disability from someone else. When meeting or making friends who have special needs, remember that it is okay to ask questions.



The next time you see a kid using a wheelchair, try to be a friend. Or just be kind and open a door for them with a smile. Remember, the best help of all is to be kind and friendly and not to tease or stare.

People who use wheelchairs or have special needs are the same as everyone else. That wheelchair helps that person move around, just like your legs help you move around. It is just the same as people who wear glasses to help them see.

#### REFERENCES:

- <https://kidshealth.org/en/kids/special-needs.html>
- <https://kidshealth.org/en/kids/wheelchairs.html>
- <https://www.cdc.gov/ncbddd/kids/index.html>
- <http://www.pbs.org/parents/experts/archive/2013/06/how-to-talk-to-kids-and-parent.html>

### Can you unscramble these words?

LPCIESA NESED: \_\_\_\_\_

EB A EFDNRI: \_\_\_\_\_

BE DKIN: \_\_\_\_\_

OND'T ASETE: \_\_\_\_\_

ODN'T UYLBL: \_\_\_\_\_

ANSWERS: SPECIAL NEEDS, BE A FRIEND, DON'T TEASE, DON'T BULLY



YOUTH  
**HEALTH BULLETIN**

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