

# BUDDY WALK POSTERS

*LET'S HONOR OUR COMMUNITY!!*

## Purpose of Poster

1. Use your poster to describe your child/loved one with Down Syndrome
2. Posters will be posted along the Buddy Walk Course on Oct 4 to personalize Down Syndrome and raise awareness

## Poster Making Guidelines

1. Use a standard sized (28"x 22") Poster Board
  - a. You can use any color Poster Board
  - b. You can find Poster Board at any office supply store, Walmart, and almost any type of store that sells office supplies
2. List first names only and age – for safety reasons do not use last names
3. You can have your poster laminated if you wish but you do not have to laminate it
4. Posters can be displayed either horizontally or vertically
5. Please turn in your poster to the DSL office no later than **Thursday Oct 2** so that volunteers can process the poster for display at the Buddy Walk – **since there is some time involved in processing each poster it would be a great help if posters could be finished and turned into the office before the deadline of Oct 2 (the earlier the better).**
6. Posters will be collected after the Buddy Walk and returned to the DSL office

## Poster Making Ideas

1. Use words to describe what your child/loved one likes to do, who they are, accomplishments, jobs/responsibilities, mastered life skills, their best qualities, etc...(bragging is OK - this is our chance to show the community what people with Down Syndrome can do)
2. You can use pictures of your child doing what he likes to do or with his/her family and friends. Note: please use reprints or pictures that you can part with as they may be laminated and/or lost and/or get wet- do not use treasured only-copy photos
3. Kids with Down Syndrome that are old enough could contribute ideas and help make the poster since it is about them
4. Be as creative as you want to be
5. If your child likes to draw pictures you could display some of his/her artwork

## Poster Making Tips

1. First plan what you want to display and the message you want to convey
2. If you use computer graphics (like WORD or WordPerfect) make sure the font is large enough to be seen from several feet away.
3. If you hand write use a Sharpie as it is permanent and will not run if wet
4. To glue items to the poster you can use rubber cement, glue, glue stick, tape (Note: rubber cement has a nicer looking/smooth finish than glue stick, tape, or glue)
5. Map out where things will be placed on the poster board before you actually start writing/gluing items to the poster board