




# Stuttering: What listeners need to know!

 **AIS:** A non-profit 501(c)(3) organization offering expert speech therapy and community support for people of all ages who stutter



Learn more and get started:

[www.stutteringtreatment.org](http://www.stutteringtreatment.org)



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## Did you know?

- Over 3 million people stutter in the United States.
- Stuttering is a genetic, neurologically based condition. **It is not caused by anxiety** but often worsens under excessive stress.
- There is no “cure” for stuttering but specialized therapy can lessen its severity and the negative thoughts and feelings that accompany it.
- Children who stutter are bullied** around 4 times more than children who don't and adults who stutter remain subject to mockery and discrimination in jobs and social settings.

## You can help end the stigma of stuttering!



### Listeners can help by:

- Refraining from making suggestions such as “take a breath” or “relax”
- Not trying to guess what the speaker is trying to say
- Listening patiently** without conveying time pressure
- Keeping normal eye contact

