

October 4 -10

Invisible Dyslexia

Dyslexia Week 2021
Schools Pack

This year we are focusing on Invisible Dyslexia

British Dyslexia
Association

Invisible Dyslexia

We know that dyslexia comes with many challenges, but many people in our community feel like their struggles are unseen.

Because dyslexia itself isn't visible, individuals with dyslexia often feel unsupported, unwanted, invisible. From the child at school struggling to keep up with the rest of their friends, to the office worker feeling like they don't belong.

Dyslexia also too often goes hand in hand with other invisible challenges. People can struggle with their mental health. There can be discrimination in the workplace. Legislation fails to consider the dyslexic perspective. Under-represented groups become lost.

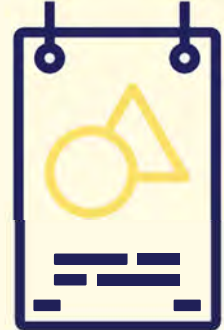
That's why this Dyslexia Week (4 - 10 October 2021) we are focusing on Invisible Dyslexia, to explore the entire theme of visibility within our community. We'll highlight the importance of mental health, increase visibility of underrepresented groups, and raise serious issues of dyslexia being overlooked within education and the workplace.

Thank you for joining our work and for helping us to create a dyslexia friendly society where everyone is recognised, valued and appreciated.

Your guide to Dyslexia Week

Step 1 - Download our poster and resources

We've created a Dyslexia Week poster that we'd love to see displayed in classrooms, assembly halls and staff rooms across the UK. It's a great way to raise awareness and prompt people to learn more about dyslexia.



You can also download free educational resources which we have put together with Twinkl for Dyslexia Week 2021. You can find them here:

[Invisible Dyslexia Poster](#)

[Free resources](#)

Step 2 - Share your story

Your voice matters. As a member of the dyslexic community your input is so important to us. We believe that everyone with dyslexia has a unique story and the power to create positive change. Which is why we invite you to share your story with us during Dyslexia Week.



Find out how to do this on our website:

www.bdadyslexia.org.uk/contact/dyslexia-story

Your guide to Dyslexia Week

Step 3 - Show us what dyslexia and mental health can look and feel like

Explaining how it feels to have dyslexia can be difficult to put into words, but for some, it can be depicted through other means. This Dyslexia Week we are asking our community to have a think about what dyslexia looks like, and how it is experienced from the viewpoint of someone who is dyslexic.

That might take the form of painting or drawing or recording a piece to camera talking about how dyslexia makes you feel - get creative and share with us what dyslexia means to you! Send your submissions to:

media@bdadyslexia.org.uk and we will share a selection throughout the week on social media.

There is an activity sheet on this which is suitable for school children [here](#), which can be downloaded for free and used during a lesson.

Why not print this out for your class to complete during a lesson, and build your own gallery in your classroom? We would LOVE to see the results! You can share your galleries with us by sending a photograph to media@bdadyslexia.org.uk or by tagging us on social media. Find us on [Facebook](#), [Twitter](#), and [Instagram @BDAdyslexia](#)



Your guide to Dyslexia Week

Step 4 - Take up our visibility challenge!

We are challenging teachers and specialist tutors to take up two challenges with their pupils during Dyslexia Week:

- 1) Share your top tips on inclusivity with your pupils - How can we make sure that everybody has a voice? How can we support our peers in making sure they feel valued and listened to? Encourage pupils to think about this during a lesson by sharing with them our free downloadable Twinkl Resources, and our Dyslexia and Mental Health worksheets, available here:



[Twinkl Resources](#)
[Mental Health worksheet](#)
[Dyslexia worksheet](#)

- 2) Arrange an Invisible Dyslexia event in your school - this could be an assembly sharing our dyslexia facts PowerPoint, or by sharing posters in the school, or by arranging a dedicated discussion time during the school day to talk about dyslexia.



Whether it's part of a school assembly or a half an hour session in the classroom, it's a great way to bring students and staff together and educate them on the mental health challenges that dyslexia often comes with. We have two handy PowerPoint presentations that you can share with your school! [Click here](#) to download them.

Your guide to Dyslexia Week

Step 5 - Take our free BDA course and share it with your colleagues!

We have designed a free BDA Training Course on the topic of dyslexia and mental health which is perfect for teachers and tutors looking to find out more about dyslexia, and how it may affect their students. This course will be available online during Dyslexia Week, from 4 October. [Click here](#) to access the course and share it with your colleagues.



Step 6 - Get social and spread the word!

We want to see all the amazing activities you're doing this week, so please share it! Here are some ways you can help spread the word and raise awareness this week:



Share your activity on social media using the hashtags [#InvisibleDyslexia](#) and [#MyDyslexiaStory](#)



Send us your pictures to media@bdadyslexia.org.uk and tell us what you've been up to.



Tag us on social media! Find us on [Facebook](#), [Twitter](#) and [Instagram](#) @BDAdyslexia

Thank you to our Dyslexia Week 2021 supporters

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