

MAKE AN IMPACT ON RARE DISEASE DAY

SHOW YOUR STRIPES



Middle School Events and Activities

Classroom Activities

- Watch “What is it like to have a rare disease?” video.
- Invite a patient or caregiver speaker to come to your classroom and share their story.
- Complete the Rare Disease Day Crossword Puzzle, Rare Disease Day Trivia or Rare Disease Day Word Search. Activity sheets and answer keys are located [here](#).

Social Media

- Ask the students to change their Facebook or Twitter profile picture to show support for Rare Disease Day. Visit our website for more social media resources at rarediseaseday.us.

Show Your Stripes

- The zebra is the official symbol of rare diseases in the United States and is noted for its black and white stripes, which are central to its uniqueness. Everyone has his/her own stripes, those characteristics that make each individual distinct. While each of the more than 7,000 rare diseases are unique, there are many commonalities that unite patients, families, caregivers and supporters. In the spirit of raising the profile of the rare disease community at large and celebrating Rare Disease Day, this year NORD is promoting a variety of ways in which individuals, organizations and groups can “[show their stripes](#).”

Bullying & Acceptance

There are more than 30 million people affected by rare diseases and children represent half of that population. Many children with a rare disease face bullying and lack of peer acceptance- teach your students about bullying, acceptance, and breaking down social barriers.

- Watch “[A Brave Heart: The Lizzie Velasquez Story](#)”, a documentary on a woman with rare congenital disease overcame bullying to become a motivational speaker.
- [Read](#) how Jono Lancaster’s battles his rare disease and bullying with a positive attitude.

Consider joining these programs:

- [No One Eats Alone](#)
- [Wingman League](#)