

I'M A PWS WARRIOR



POW!

***%&#!**



WOOSH!



PRADER-WILLI SYNDROME

15 F 15
R

CHALLENGE

WHAT'S YOUR SUPERPOWER?



pwsa VICTORIA
prader-willi syndrome association

www.pwsavic.org.au

WHAT IS PRADER-WILLI SYNDROME (PWS)?

Prader-Willi Syndrome or PWS is a fancy name for a Genetic condition that some people are born with.

It's important to remember that everyone is unique and special in their own way and this is no different for people with PWS.

People with Prader- Willi Syndrome:-

- need some extra help because their muscles don't work the same as others.
- have to work extra hard to learn new things and communicate.
- have a special tummy which means they require a special diet.
- can hurt themselves and not realise it because they may not feel that they are hurt.
- can be really sick on the inside but not show it on the outside.
- are most happy when they know what will happen during their day.
- sometimes get really upset without knowing why they are upset.

People with PWS want to have fun and have friends just like everyone else!!

HOW CAN YOU BECOME A PWS WARRIOR?



Sharing knowledge - Super Power Level 3

Learn about Prader-Willi Syndrome and tell people what you have learned.

Being a good friend - Super Power Level 2

Be kind and patient to people with PWS.

Make sure that only a big person/adult gives someone with PWS food and drink.

If your friend falls, hurts themselves, is angry or sad, let a grown-up know.

Bullying is never ok, if you see someone being bullied tell a grown-up.

Healthy & Active Lifestyle - Super Power Level 1

It's important for everyone not just people with PWS to live an active and healthy lifestyle.

Eating healthy foods and exercising is important for your body and brain to grow.

----POWER UP'S ----

Join the 15 for 15 Challenge - Power Level 2

Challenge yourself to do something you wouldn't normally do for 15 days in May (some examples: Brush your teeth after every meal, drink 1 litre of water, walk or ride to school, eat an apple every day).

Make a Donation - Power Level 1

Donations in 2022 will help Monash University, Monash Children's Hospital, the Royal Children's Hospital and Monash Partners develop a state-wide model of care for children with Prader-Willi Syndrome and help the Prader-Willi Syndrome Association of Victoria continue providing desperately needed support and services to the PWS Community

HOW CAN YOU BECOME A PWS WARRIOR?



POWER UP'S for PWS Warrior Leaders (Educators)

Raise Awareness

Raise Awareness and show your support for people living with Prader-Willi Syndrome by colouring the school orange and wearing orange on international PWS Awareness Day (27th May 2022) and share your efforts on Social Media and in your school news articles

Have your school join the 15 for 15 Challenge

Consider a whole school challenge or class challenge to raise awareness and Funds for Prader-Willi Syndrome and have each child involved aim to find 15 donors in the 15 days leading up to the school's chosen challenge to be completed on the 31st of May.

(Some past examples: Whole school Zumba Class, Cross Country, Orange Colour Run)

All funds raised and donated over **\$200** from schools and education facilities will go into the draw to win a **\$1,500** worth of Sporting Equipment or books for your School.

Hold a Fundraiser and Donate

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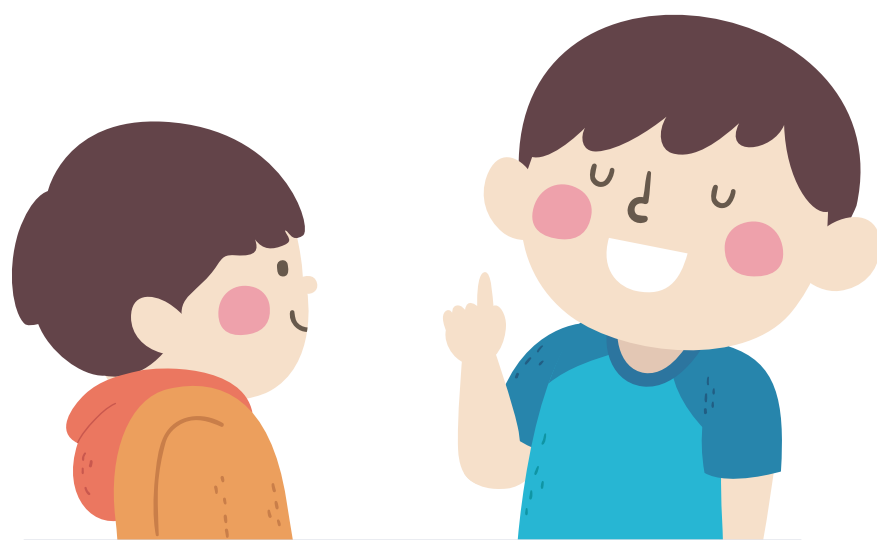
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WHAT IS PRADER-WILLI SYNDROME (PWS)?

People with Prader-Willi Syndrome need you to be patient with them because they can sometimes have difficulty communicating and expressing their emotions



WHAT IS PRADER-WILLI SYNDROME (PWS)?

People with Prader-Willi Syndrome have a special tummy which means they require a very healthy diet and need to live an active lifestyle.



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