

# MYTH BUSTING QUIZ

## TEACHERS NOTE:

For 75 years Mencap have provided essential support to the people in the UK living with a learning disability. One of the ways we help is through challenging stereotypes, stigmas, calling out discrimination and campaigning so that people with a learning disability and their families can enjoy a better quality of life.

You can help by using these myth busting questions to inspire positive discussions with your students.

For more information about visit [www.mencap.org.uk/learning-disability-explained](http://www.mencap.org.uk/learning-disability-explained)

### Question: WHAT IS A LEARNING DISABILITY?

- A. A learning disability only affects your school work
- B. A learning disability affects movement and physicality
- C. A learning disability is a reduced intellectual ability and difficulty with everyday activities

**Answer:** A learning disability is a reduced intellectual ability and difficulty with everyday activities – for example household tasks, socialising or managing money – which affects someone for their whole life.

### Question: A LEARNING DISABILITY HAPPENS BEFORE, DURING OR SHORTLY AFTER BIRTH. DO YOU THINK THIS IS TRUE OR FALSE ?

**Answer:** True. A learning disability occurs when the brain is still developing in a baby. This can happen before, during or soon after birth.

### Question: IS A LEARNING DISABILITY THE SAME AS A LEARNING DIFFICULTY?

**Answer:** A learning difficulty is a condition like ADHD & Dyslexia, and is different from a learning disability.

People with a learning disability tend to take longer to learn and may need support to develop new skills, understand complicated information and interact with other people.

### Question: IS A LEARNING DISABILITY A MENTAL HEALTH CONDITION?

**Answer:** A learning disability is not a mental health condition.

A mental health condition can start at any age and may not be permanent, people with a learning

disability can also develop a mental health issue and are sometimes more likely to suffer from one.

**Question:** HOW MANY PEOPLE IN THE UK HAVE A LEARNING DISABILITY?

**Answer:** 1.5 million people in the UK have a learning disability.

**Question:** HOW MANY CHILDREN IN THE UK HAVE A LEARNING DISABILITY?

**Answer:** there are approximately 351,000 children (aged 0-17) with a learning disability in the UK.

**Question:** WHAT PERCENTAGE OF PEOPLE WITH A LEARNING DISABILITY EXPERIENCE BULLYING IN THEIR LIFETIME?

**Answer:** 56% of disabled people say that they have experienced hostility, aggression or violence from a stranger because of their condition or impairment. In 2013, there were 124,000 disability hate crimes, but only 1% resulted in prosecutions.

**Question:** CAN MOST PEOPLE WITH A LEARNING DISABILITY WORK?

**Answer:** Most people with a learning disability can and want to work, as long as they are given the right support. Currently only 6% of adults with a learning disability known to their local authority in England are in paid work.

**Question:** SOMEONE WITH A LEARNING DISABILITY CANNOT LIVE INDEPENDENTLY. DO YOU THINK THIS IS TRUE OR FALSE?

**Answer:** False. Its important to remember that with the right support most people with a learning disability can lead independent lives.

Here are some of our Mencap Mythbusters to show their experiences of how they live independently [www.youtube.com/watch?v=NaM7c0iMess&t=8s](https://www.youtube.com/watch?v=NaM7c0iMess&t=8s)