



#ROCKYOURSOCKS

The Rock your Socks campaign are initiatives on March 21st that encourages participants to wear brightly colored and mismatched socks as a conversation piece, allowing the person wearing the socks to raise awareness about Down Syndrome. This was chosen because the karyotype of Down Syndrome chromosomes actually look like a pair of mismatched socks and it is celebrated on 3/21 because it is 3 copies of the 21st chromosome instead of two!

We would like everyone to know that wearing the socks reminds people that things that are different are still beautiful and wonderful. It's a conversation starter, because people with Down Syndrome may not be "typical" but they are still amazing, it brings acceptance and awareness.

Please share your photos to our Facebook page [21DOWN](#) or visit [21Down.org](#)

Thank you!

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