

Back to School Survival Guide

As summer comes to an end and the school year begins, take these steps to make sure you are ready for another year of success!



- Speak with the school nurse about any medications you may be taking.**
- Talk to your new teachers.** Make sure they are aware of your needs to help you do your best! Encourage your teachers to visit www.TurnerSyndromeFoundation.org for more resources.
- Meet with your school psychologist or counselor.** If you've already done this, set up a follow up meeting to keep them up-to-date on your needs and to share your achievements!
- Be the teacher and share with your classmates.** If you're ready, teach your class about Turner Syndrome. This will help your classmates understand what you're going through and raise Turner Syndrome awareness!
- Purchase your Emergency Contact Card** online at www.turnersyndrome.foundation.org/turner-syndrome-across-the-lifespan/heart/emergency/ Your emergency contact card works like a medical ID, speaking for you if there is ever an emergency.
- Share with TSF about your summer and how you get ready for another school year!** Some stories will be featured on our website – your tips and tricks may help someone else!



Visit our website for more learning resources!
www.TurnerSyndromeFoundation.org