Volume 15 No. 1 2023

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DISRUPTING THE DYSLEXIA NORM

By Deborah Gilbert

Emerging as a movement with more than our robust dyslexia advocacy community, campaigns such as Raypsicles and Rumforeverypersonal from Australia's Dyslexia Action Week, and Dyslexia Awareness Month in the United States, are bringing together a diverse group of people and organizations which acknowledge and support students with dyslexia. Above calls to action are the hashtags #disruptthenorm and #readingisasuperpower. Both are intended to disrupt the norm that dyslexia is a deficit and instead, dyslexia is a collection of strengths or to provide the necessary support for early identification,

interventions, and accommodations. Dyslexia is a neurodevelopmental condition that affects the way the brain processes information. Individuals with dyslexia may have difficulty with reading, writing, and spelling, but they can also have strengths in areas such as problem-solving, creativity, and visual-spatial skills. Disrupting the norm can help to highlight these strengths and challenge negative stereotypes and misconceptions about dyslexia. It can also help to create a more inclusive and supportive environment for individuals with dyslexia, where they can feel empowered to reach their full potential.

The Dyslexia Norm

Thinking more critically about the term "dyslexia" itself becomes normalized, i.e., the ways in which we understand and communicate about dyslexia can shape the norm and perpetuate certain stereotypes and misconceptions. For example, the term "dyslexia" can be seen as a deficit-based label that focuses on what a person cannot do rather than their strengths and abilities. Representatives of children with dyslexia in both Australia's culture and the education domain prefer to use the term "dyslexia" rather than "specific learning difficulty" because they believe that the term "dyslexia" is more accurate and specific and that it better captures the unique challenges that individuals with dyslexia face. However, it is well established in the research literature that environmental and cultural factors can have a significant impact on the development and expression of dyslexia, and that it is not a universal or static condition. For example, a study by Paulesu et al. (2001) found that a phonological deficit is not universally characteristic of dyslexia, but rather that it can be influenced by cultural factors, such as the orthographic depth of the language being learned. Similarly, a study by Ziegler et al. (2010) found that the prevalence of dyslexia can vary significantly across different countries and cultures, with some countries having much higher rates of dyslexia than others.

Considering the Intersections

Dyslexia is also not necessarily an isolated condition and can co-occur with numerous special education learning concerns, state policies, and potentially biased professional judgment. Dyslexia can co-occur with other learning disabilities, such as attention deficit hyperactivity disorder (ADHD) and dyscalculia, as well as with other neurodevelopmental conditions, such as autism. It can also co-occur with mental health conditions, such as anxiety and depression. Additionally, dyslexia can co-occur with physical disabilities, such as visual impairments or hearing loss. This co-occurrence can make it more challenging to identify and support individuals with dyslexia, as their challenges may be attributed to other conditions rather than dyslexia. It is important to consider the intersections between disability and other socio-demographic factors. Can we envision an inclusive dyslexia norm that considers the intersections of dyslexia with other identities and factors? For example, we can consider the intersections of dyslexia with gender and socio-economic status. Girls are often overlooked in the dyslexia community, as they are more likely to mask their difficulties and may not receive the support they need. Similarly, children from low-income families may have limited access to resources and support, which can exacerbate the challenges they face with dyslexia. By considering these intersections, we can work to create more inclusive and equitable systems that truly meet the needs of all individuals with dyslexia, regardless of their background or identity.

Dyslexia as a Continuum

Dyslexia can be seen as a continuum, rather than a binary condition, with individuals falling on a spectrum from mild to severe. This perspective can help to reduce the stigma associated with dyslexia and to promote a more nuanced understanding of the condition. By recognizing that dyslexia is not a binary condition, we can also work to create more flexible and individualized support systems that can meet the needs of each individual. Ultimately, the goal of disrupting the norm is to create a more inclusive and supportive environment for individuals with dyslexia, where they can feel empowered to reach their full potential. By challenging negative stereotypes and misconceptions about dyslexia, and by recognizing the strengths and abilities of individuals with dyslexia, we can work to create a more equitable and just society for all.

Deborah Gilbert is a contributing writer for the Dyslexia Australia Newsroom and a member of the Content Executive Committee. She serves on multiple boards representing different literacy outcomes: the Australian Literacy Educators Association, Dyslexia Australia, Dyslexia Action Week, and the Board of the Reading League AU. She is also a founding parent member of Decoding Dyslexia AU.

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are a great place to start.

IDA's newest fact sheet, English Learners and Dyslexia, offers important considerations when evaluating English learners for dyslexia. Classroom teachers may find it helpful as they observe students for possible referral for further assessment. It also includes guidelines for assessment specialists who may provide screening and assessment support.

Another new fact sheet from IDA, Building Phoneme Awareness: Know What Matters presents guiding principles for instruction informed by what we know from research today. It tells you will find tips for effective practices to build children's phoneme awareness in kindergarten, first grade, and beyond. Dr. Stephanie Stollar, founder of Stephanie Stollar Consulting, LLC, offers an excellent video summary of the fact sheet.

These fact sheets and more are available on the IDA website, the Dyslexia Digital Library, and our store. We encourage you to download them and share them with your colleagues. Let us know what you think. We want to provide the tools and resources you need to implement Structured Literacy for all students!

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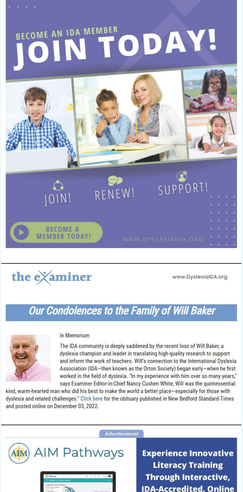

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Our Condolences to the Family of Will Baker

In Memorium

The IDA community is deeply saddened by the recent loss of Will Baker, a dyslexia champion and leader in translating high-quality research to support and inform the work of teachers. Will's commitment to the International Dyslexia Association (IDA—then known as the Orton Society) began early—when he first worked in the field of dyslexia. "In my experience with him over so many years," says Examiner Editor-in-Chief Nancy Cushen White, Will was the quintessential kind, warm-hearted man who did his best to make the world a better place—especially for those with dyslexia and related challenges." Click here for the obituary published in New Bedford Standard-Times and posted online on December 03, 2022.

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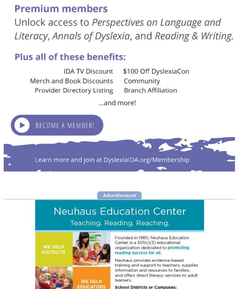

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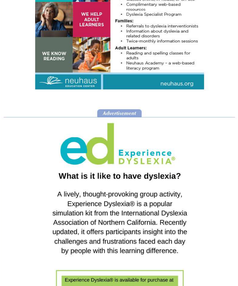

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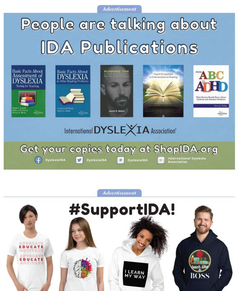

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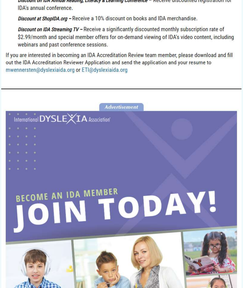

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