Communication Goes Beyond Words

People communicate in many different ways, and all forms of communication deserve understanding and respect. While **the majority of human communication (up to 93%) is non-verbal**, the remaining proportion carries greater weight in society, leaving non-verbal individuals isolated (Hooper, 2023).

Communication Can Look Like...



Speaking

Talking, vocalizing, singing, or laughing



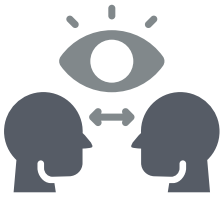
Facial Expressions

Showing emotions through expressions (smiling, frowning, crying)



Gestures

Pointing, waving, nodding, or using hand movements



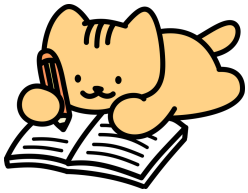
Eye Gaze

Making eye contact, looking away, or shifting gaze



AAC (Augmentative + Alternative Communication)

Using picture boards, sign language, communication devices, or text-to-speech



Writing

Writing, typing, texting, drawing, or spelling

Communication is a human right. Supporting communication means listening without assumptions and respecting all forms of expression.

> **"Being nonverbal does not prevent meaningful communication; creative, empathetic and flexible approaches are needed to ensure the best outcomes"**
> — Jessica Hooper

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MENTAL HEALTH
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