

Myth-busters Activity Sheet

Name:

Date:



Hi, my name is Mara and I live with spina bifida. There are often some misconceptions about spina bifida, but together we can dispel some myths and learn some important information.

Activity Directions: Read the statements about spina bifida bellow. Can you figure out which statements are true and which ones are false? (Psst- You can check in with my friend Andrew or your teacher to see how you did!)

1. Everyone living with spina bifida has the same experiences. **TRUE / FALSE**
2. Anyone can catch spina bifida like the common cold. **TRUE / FALSE**
3. People living with spina bifida can participate in normal activities just like anyone else. **TRUE / FALSE**
4. Spina bifida is caused by getting into an accident. **TRUE / FALSE**
5. Spina bifida is a life-long condition. **TRUE / FALSE**
6. People living with spina bifida use the bathroom a little differently than others. **TRUE / FALSE**
7. Spina bifida will leave people with scars everywhere on their body. **TRUE / FALSE**
8. You can be kind and helpful to people who have spina bifida. **TRUE / FALSE**