



UNDERSTANDING GENES
& CHROMOSOMES

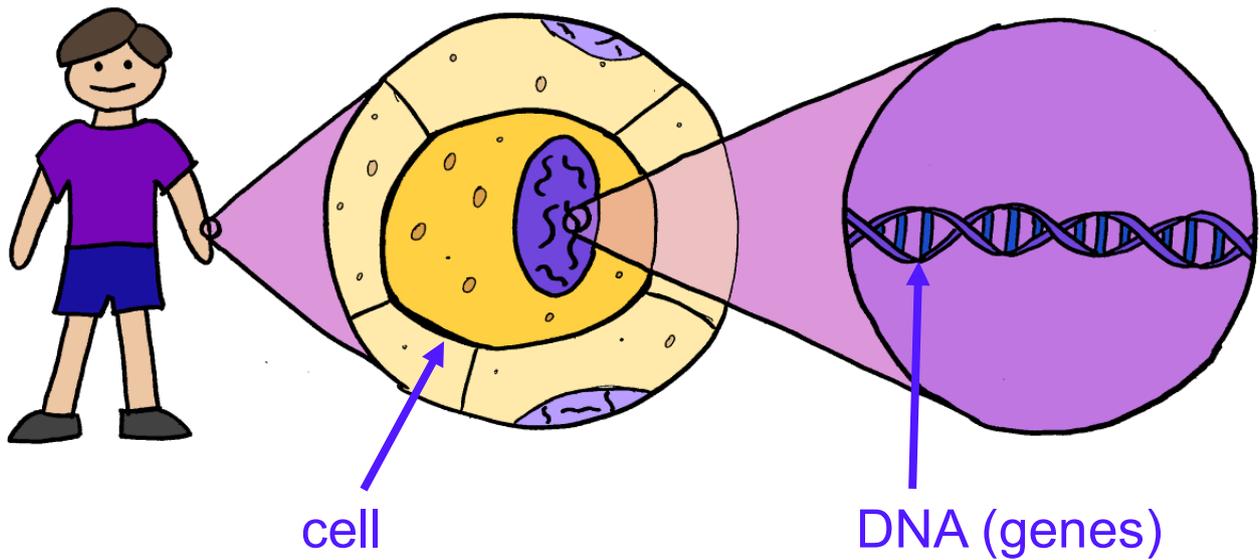


RAC1-related NDDs

My Gene Story

A picture book for children with a
RAC1 gene variant

rarechromo.org

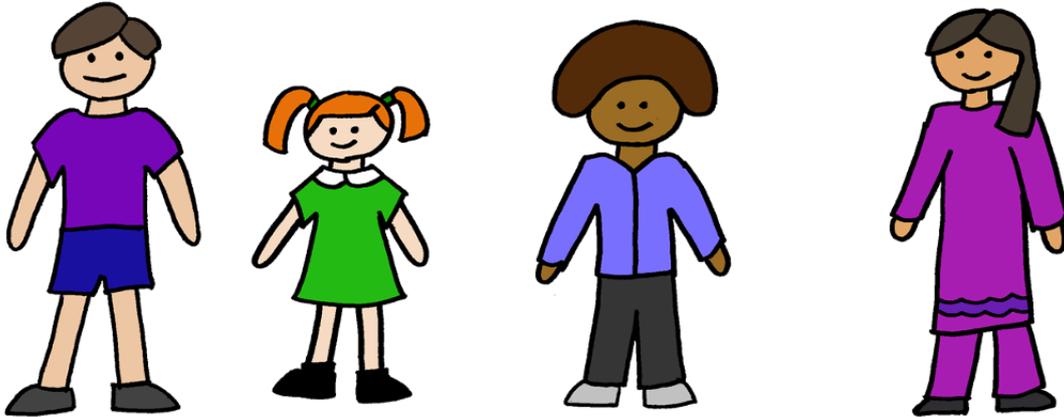


Your body is built from tiny building blocks called **cells**.

Your cells contain **DNA**, which is full of instructions on how to make you.

These instructions are called **genes**.

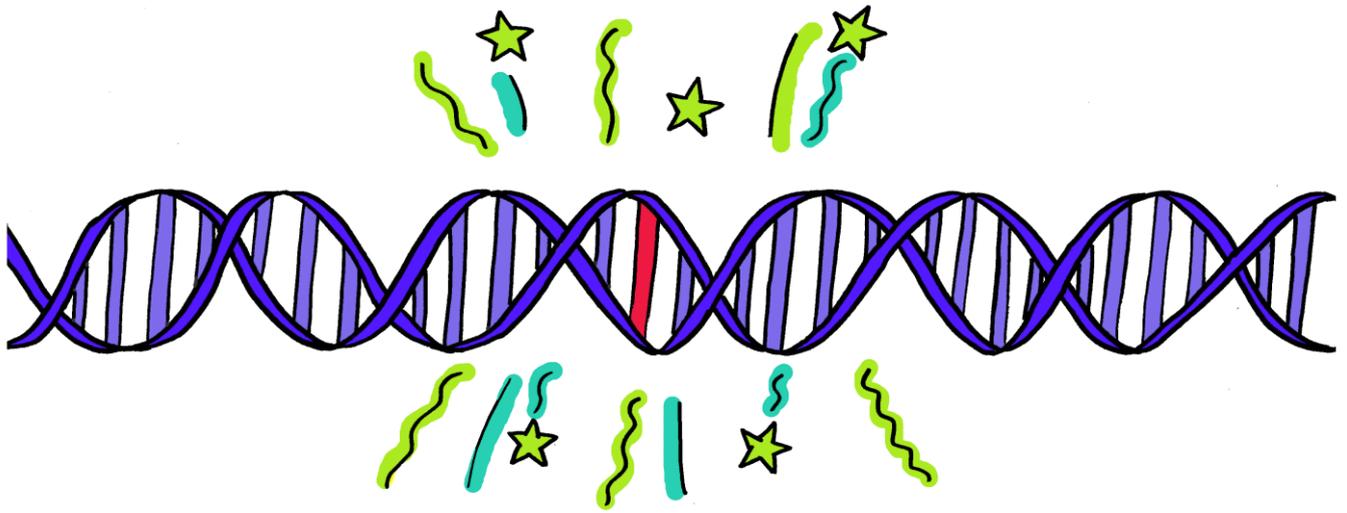
It might help to imagine that your cells contain a big book of instructions and each gene is a different sentence in the book.



Genes help to determine how tall you are, what colour hair you have and lots of other things about you.

But genes don't determine everything.

Things that happen in your life make a difference as well. If you listen to lots of music you might know more songs. If you don't get enough sleep you might feel tired.

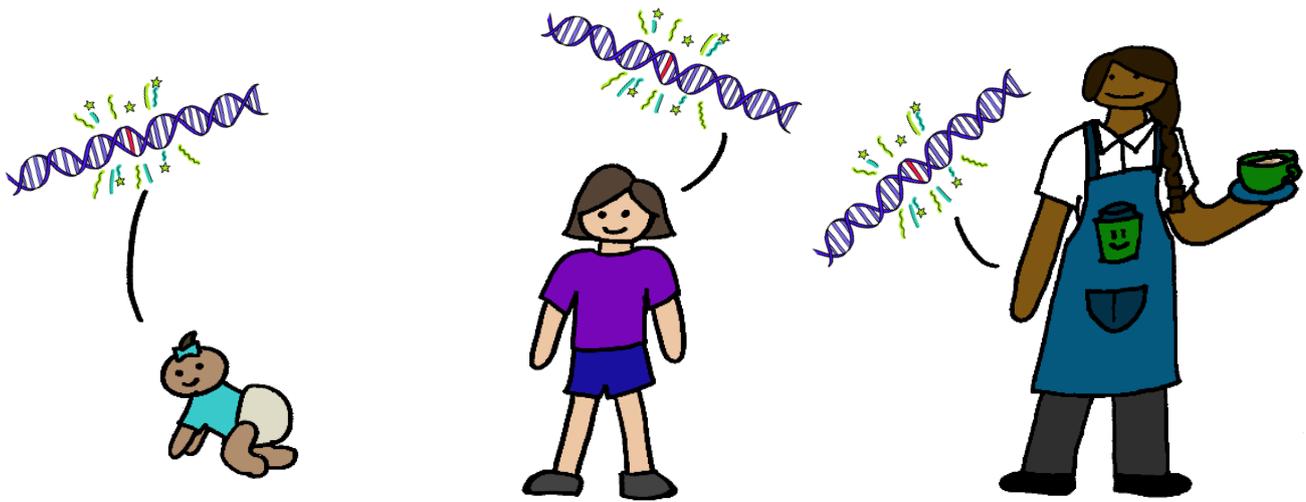


We all have thousands of genes, and each gene has its own special name.

Sometimes one of our genes has a change in it and this can change its instructions.

One of your genes, called **RAC1**, has a change so one copy of this gene can't give its usual instructions.

You also have another copy of the **RAC1** gene that has not been changed.



There are lots of other children who have a change in their **RAC1** gene like you. They live all over the world.

Just like children without this change, you are all different from each other.

Some children with this gene change find some things harder to do than children without it, but this is different for each child.

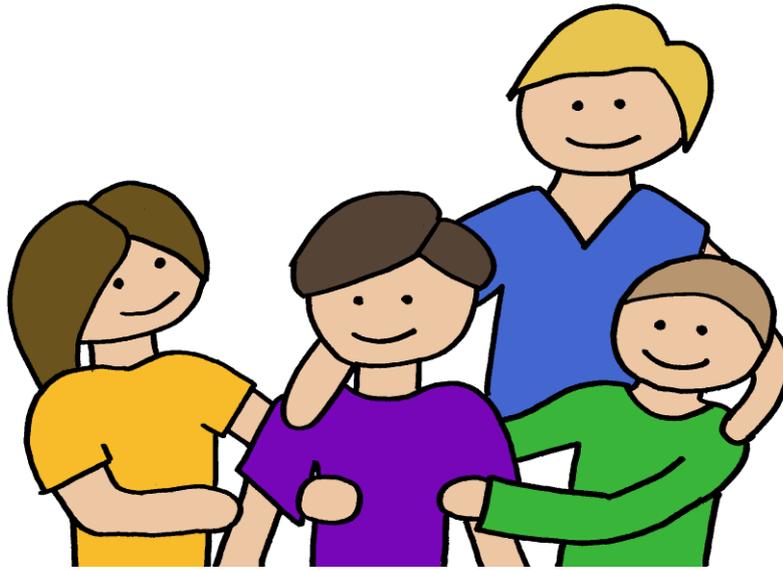


Some children with a **RAC1** gene change take longer to learn how to walk and talk.

Some need more help to understand things.

And some feel a bit fed up when it's difficult to talk or understand what grown-ups are saying.

It is good to know about the change in your gene, because now if you find some things difficult to do, your family, friends, carers and teachers might be able to help you even more than before.



Remember that we are all different in different ways, and we all need help sometimes. It's good that you are exactly the way you are, because your family loves you very much just for being you.

Inform Network Support



Rare Chromosome Disorder Support Group
The Stables, Station Road West, Oxted, Surrey, RH8 9EE, UK
Tel: +44(0)1883 723356
help@rarechromo.org | rarechromo.org

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Please help us to help you!

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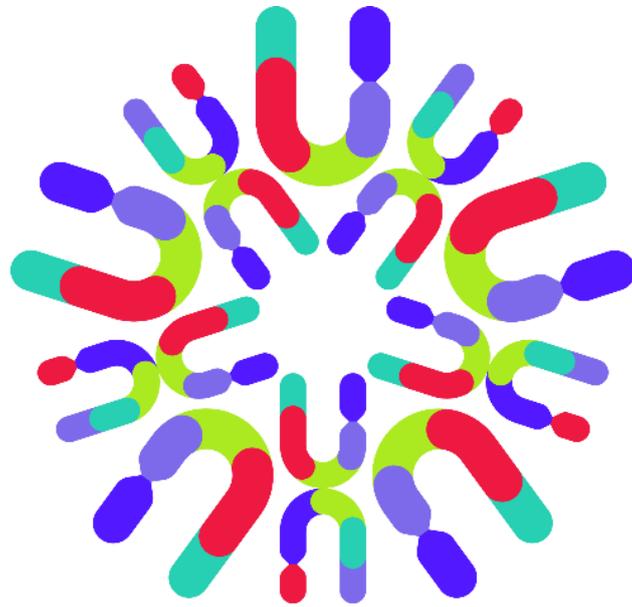
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Families should consult a medically qualified clinician in all matters relating to genetic diagnosis, management and health.

This children's booklet was compiled by Unique and Ruby Allen, PhD Student, University of Manchester, UK, based on an original work written by Dr. Seonaid Beaumont, Sheffield, UK which is licensed under a Creative Commons Attribution-ShareAlike 4.0 International License.

2025 Version 1 (CA)





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