

Non-visible disabilities quiz



1. How many people in the world are disabled?
 - a. 1 in 6
 - b. 1 in 10
 - c. 1 in 25
2. Most disabilities are visible. True or false?
 - a. True
 - b. False
3. How many disabled people have a non-visible disability?
 - a. 30%
 - b. 50%
 - c. 80%
4. The Hidden Disabilities Sunflower is:
 - a. A yellow sunflower on a green background
 - b. A yellow sunflower on a blue background
 - c. A yellow sunflower on a red background
5. People may wear the Hidden Disabilities Sunflower to let people know that they have a non-visible disability and may need:
 - a. Extra support
 - b. Understanding
 - c. More time
 - d. All of the above
6. You need to show proof of your disability to be able to wear the Sunflower.
 - a. True
 - b. False
7. When was the Sunflower launched?
 - a. 1999
 - b. 2016
 - c. 2023
8. In 2023, Hidden Disabilities Sunflower broke the world record for the longest lanyard. How long was it?
 - a. 576.5 metres
 - b. 2457 metres
 - c. 3784.5 metres
9. What's the tagline often associated with the Sunflower?
 - a. Making the invisible visible.
 - b. Making disability less hidden.
 - c. Growing awareness of hidden disabilities.

10. Which of the following is NOT a reason why the sunflower was chosen as a symbol?
 - a. It's easy to recognise and spot.
 - b. It's linked to positive things like happiness, positivity and strength.
 - c. It symbolises peace and calmness.

11. Which of these could be examples of non-visible disabilities?
 - a. Autism
 - b. Diabetes
 - c. Dyslexia
 - d. Chronic pain
 - e. All the above

12. What's the International Symbol of Access (ISA)?
 - a. A person with a walking stick
 - b. A wheelchair icon
 - c. A hearing aid symbol

13. What percentage of disabled people in the UK use a wheelchair?
 - a. 8 – 11%
 - b. 27 – 30%
 - c. 65 – 88%

14. Where can someone wear the Sunflower?
 - a. At school or college
 - b. At work
 - c. On public transport
 - d. All the above

15. Some people might only be disabled for a short amount of time. True or false?
 - a. True
 - b. False

16. How big's the tallest sunflower ever recorded?
 - a. 9.17 metres
 - b. 18.34 metres
 - c. 3.26 metres

17. What should you do if you see someone wearing the Hidden Disabilities Sunflower?
 - a. Ask them why they're wearing it
 - b. Treat them with patience and understanding, and ask how you can help.
 - c. Help them straight away.

18. Only 17% of disabled people were born with their disabilities. True or False?
 - a. True
 - b. False