Dyslexia Friendly Rules

1. Fonts styles and size

- Use sans serif fonts like Arial, Comic Sans, Verdana, Tahoma, etc. These fonts appear less crowded.

- Font size should be 12-14 point or equivalent. Some dyslexic readers may request a larger font.

- Increase inter-letter spacing by about 35% of the average letter width.

- Ensure inter-word spacing is at least 3.5 times the inter-letter spacing.

- Larger line spacing (about 150%) can improve readability.

- Avoid Underlining and Italics as these styles can make text appear crowded. Use bold for emphasis instead.

- Avoid using capital letters for continuous text. Lowercase letters are easier to read.

2. Headings and Structure:

- Use headings and styles to create a consistent structure to aid navigation.

- For headings, use a font size that is at least 20% larger than normal text. Consider using bold for further emphasis.

- Use formatting tools for alignment, justification, indents, lists, line, and paragraph spacing.

3. Color:

- Use single color backgrounds without patterns, pictures, or distracting elements.

- Ensure sufficient contrast levels between background and text.

- Use dark colored text on a light (not white) background.

- Avoid using green and red/pink, as these colors can be difficult for individuals with color vision deficiencies.

- Consider using alternative background colors like cream or soft pastel.

4. Layout:

- Left-align text without justification for even spacing between words.

- Avoid using multiple columns.

- Keep sentences short and simple (60-70 characters).

- Use white space to declutter near text and group related content.

- Incorporate regular section headings and include a table of contents for long documents.

5. Writing Style:

- Be concise and avoid long, dense paragraphs.

- Write in simple, clear language using everyday words.

- Utilize images, flow charts, and graphics to support text.

- Consider using bullet points and numbering for better comprehension

- Minimize the use of jargon and abbreviations. When necessary, provide a glossary.

References

*Dyslexia friendly style guide - British Dyslexia Association*. (n.d.). British Dyslexia Association. <https://www.bdadyslexia.org.uk/advice/employers/creating-a-dyslexia-friendly-workplace/dyslexia-friendly-style-guide>

2008Yoliando, F. T. (2020). A Comparative Study of Dyslexia Style Guides in Improving Readability for People With Dyslexia. Advances in Social Science, Education and Humanities Research. Available online 3 December 2020. DOI: 10.2991/assehr.k.201202.050

McCarthy, J. E., & Swierenga, S. J. (2010). What we know about dyslexia and web accessibility: a research review. Universal Access in the Information Society, 9, 147-152. <https://doi.org/10.1007/s10209-009-0160-5>