

Would you like people to define and judge you only by:



PEOPLE FIRST LANGUAGE

Where you live?

The clothes
you wear?

Your tattoos?

How you look?

Of course not.

And people with disabilities don't like it either.

If a person's disability is not relevant to the conversation, don't mention it. If it is necessary to mention it, then always be respectful and use PEOPLE FIRST language.

PEOPLE FIRST language puts the PERSON before their DISABILITY, and recognizes that a person HAS a disability, a person IS NOT the disability. There is more to each of us than any one characteristic we may have.

Using PEOPLE FIRST language positively empowers and includes people. Using stereotypes and negative language limits and segregates them.

A person with a disability is – first and foremost – a person.

“Handle them carefully, for words have more power than atom bombs.”

Pearl Strachan

I'm not crippled or confined. I use my wheelchair to play basketball.



Some examples of PEOPLE FIRST language:

Instead of: Antoine is slow or retarded

Say: **Antoine has an intellectual disability**

Instead of: Marly is confined to a wheelchair or wheelchair bound

Say: **Marly uses a wheelchair**

Instead of: Roberto is psycho, crazy, or loco

Say: **Roberto has an emotional disability**

Instead of: Handicapped parking space

Say: **Accessible parking space**

Instead of: Mr. Joseph is afflicted with, a victim of, or suffers from Alzheimer's Disease

Say: **Mr. Joseph has Alzheimer's Disease**

Instead of: Jimmy is slow or learning disabled

Say: **Jimmy has a learning disability**

I'm not autistic or on the spectrum. I'm Robbie.



We speak with our hands; we aren't "deaf and dumb"