

# Ableist Language and You

## What is ableist language?

Ableist language is any word or phrase that **devalues** someone with a **disability**.

Some examples of ableist language

The "R-word"  
• "Spastic"  
• "Crippled"

# Who is Affected by Ableist Language?

**People with disabilities are affected negatively by ableist language**

- **54 million Americans have a diagnosed disability.**
- **When someone uses ableist language, they are devaluing these 54 million people with their words.**



**Next time you hear someone say the R-word, or “crippled”, think about WHO you are devaluing with your words.**

# How can You Stop the Spread of Ableist Language?

- Use **Person-First Language**
- Work to **remove** words like the “R-word”, “crippled”, “spastic” and “dumb” from your vocabulary.
- Get to know someone who has a disability and **learn** from them!
- If you hear ableist language, try to **respectfully** share with them why it is **NOT okay**.

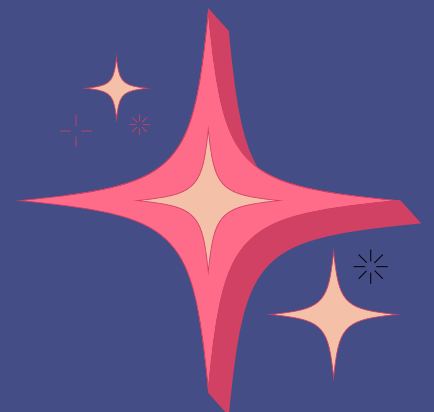


# What is Person- First Language?



**Speaking about a person FIRST,  
before mentioning their disability!**

- It is important to speak about people with disabilities in the way that they **most prefer**.
- For some people, this is person first language, and for some it is not.
- It is a good rule of thumb to use **person first language** until someone communicates their preference to you!



# Person-First Language!

**What this  
looks/sounds  
like:**

- “A person with a disability.”
- “A person who uses a wheelchair.”
- “They are a person who has a vision impairment.”

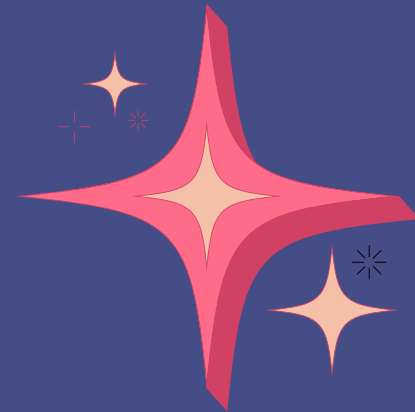
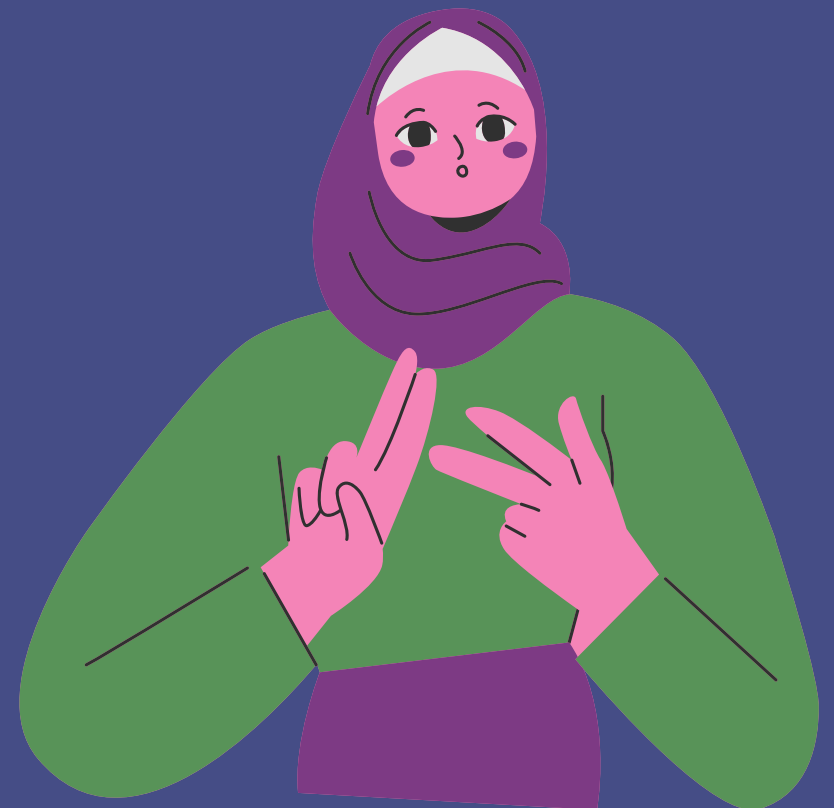


**Try it Now!**

# Why is Person-First Language Important?

## Person before disability!

- Person-first language can **empower** people with disabilities .
- A disability is just **one of many** characteristics that a person has.
- People with disabilities have the **same needs** as people who are non-disabled.



# **We all Deserve Respect**

**People of all unique abilities deserve respect.**

**Ableist language tries to hurt and divide us**

**Become a pillar of respect by treating everyone of all abilities with fairness and kindness!**



**Changing a few words/phrases in your vocabulary can make a big difference !**