Inclusion Matters

The more you know about disabilities, the better you can understand people who deal with them on a daily basis. Take some time to get to know someone who has different abilities than you. You may be surprised how much you are alike. Many disabled people can do just about anything. They just have to do it in a different way.



Things to Know

- Just because a person uses a wheelchair it doesn't mean they are sick.
- If you're talking with someone who has a speech problem, try to ask questions that require only short answers.
- When a person has a learning disability, it doesn't mean they're stupid.
- When talking with a blind person, tell them when you're leaving or they won't know.
- An adult with an intellectual disability, should still be treated as an adult.
- When talking with a friend in a wheelchair, try to talk to them at eye level.
- People who don't seem smart may just learn differently from you.

- When guiding a blind person, give the person your arm
- If a deaf person is going to be reading your lips, get their attention before you start talking.
- It's okay to use words like "see," "hear," "walk," and "run" when you're talking with a friend who has a disability
- Don't speak loudly when talking to blind people. They hear as well as you do.
- Don't pet or play with service dogs without first asking the owner if it's okay.
- It's okay to ask people who have speech problems to repeat what they said.
- If an interpreter is helping you speak to a deaf person, talk to the person, not the interpreter.
- Don't push a person in a wheelchair without asking.

Find the highlighted words below.



source: GirlsHealth.gov