

A Brief Guide to Using

DISABILITY-INCLUSIVE LANGUAGE

A lot of our colloquial language can be harmful to people with disabilitites. While not a complete list, this guide will help you begin make better, more inclusive choices with the words you use by providing some alternatives to common terms and phrases.

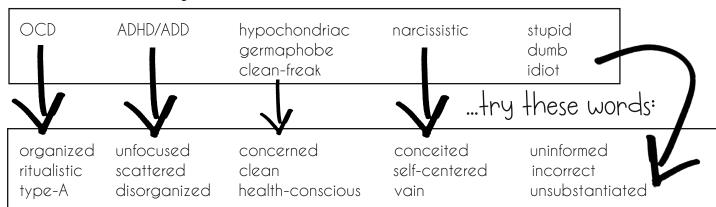
Instead of saying...

crazy insane dumb idiot/idiotic stupid/stupidity

...try these words:

ridiculous outlandish incredible absurd unexpected silly unbelievable unpredictable unanticipated marvelous surprising wonderful spectacular amazing stunning awesome great miraculous terrific fantastic unreal extraordinary breathtaking dazzling astonishing mind-blowing sublime

Instead of saying...



Also Remember...

ret*rd/ed is a slur and should never be used
not to police or assume how people identify or their ability status