

This doc is text only no images, I'm gunna see if I can make a pdf with alt text or something that is a more equivalent version of the zine later, but since it's not actually finished and is a draft version this is what I have for now.

Page 1

what to call disabled people.

Disclaimer: These lists are general and do not apply to all disabled people. Generally accepted terms: disabled, person with a disability, a disabled person, or has a chronic health condition. Generally not accepted terms: uniquely abled, differently abled, the disabled, handi-capable, handicapped, suffers from blank, disfigured (for people with facial and limb differences), special needs/SPED, the wheelchair, or wheelchair bound.

Some language might work for one group but not another. For example: little people also use the term "people with dwarfism," which is a phrase that has "person with" at the beginning (AKA person first language). But autistic people do not typically like "person with autism," and prefer disability first language like "autistic person." So the best advice if you do not know what to call a disabled person, is to just ask. Every disabled person is different, so asking something similar to "What do you prefer?" is best.

Slurs, the r word, m word, and the C Word

The word Retard is used to describe people with intellectual or cognitive disabilities, but has been used to insult people of any disabilities. The word Midget is used to describe little people/people with dwarfism. The word Cripple is used to describe people who use mobility aids like wheelchairs, and generally people with physical disabilities. All 3 words have historically been used in legislation and medical settings to take rights away from disabled people. It isn't acceptable for non disabled people to say any of them in any context. Some disabled people, who these slurs are aimed at, might use them. Language is constantly changing, and not all disabled people have the same opinions on these words.

Stupid, dumb, dumbass, moron, idiot, brainless, slow, dense, Lame, imbecile

The original meaning of most of these words describe people who lack intelligence, or are slow to process information. Which are also traits of intellectual and cognitive disabilities. Words like dumb and lame originally meant to describe deaf people or people with limited mobility, but are now mostly used in a similar way as the rest. Most people never mean to insult disabled people when they use these words, but the insult is a part of the words themselves. When people typically say something is "stupid," they actually mean to say something is bad, ridiculous, irresponsible, gullible, bigoted, or purposefully ignorant. Which means they're associating being stupid, aka having a cognitive disability, with being bad, bigoted, ridiculous etc. Instead of using words like stupid, a good replacement would be using words that you actually meant to say such as mean, bad, foolish, ignorant, ridiculous, etc.

“Crazy, nutty, insane, psycho”

These words are harmful to people with mental disabilities and have been used in and out of medical setting to belittle, demean, and disenfranchise them. Similarly to words like stupid, they are not slurs, which mean they do not need to be censored and they can be said out loud by anyone. However, they should not be used to describe or insult anyone or anything. Some alternative words/phrases are “wild” “silly” “goofy” “out of this world” “not normal ” “irrational” “strange” “weird”

Other words and phrases

The following phrases and words insinuate that disabled people are ignorant, and reinforce stereotypes “the blind leading the blind” “deaf and dumb” “falling on deaf ears”

The following phrases and words are used to describe disabilities, but should never be used as insults Blind: “He is blind to his actions” Autism: “I’ve have been acting too autistic lately” FASD: “They look like they have fetal alcohol syndrome” OCD: “She is so OCD” Bipolar: “I am feeling very bipolar right now.” Schizophrenia: “They were acting like a schizo”

questions you shouldn't ask

Generally asking questions is a good thing, rather than assuming. But it can be more harmful than helpful if your question has an assumption, insult, or inappropriate undertone in it. Bad examples: "What's wrong with you?" "Who drives you around?" "So...does your downstairs still work?" Good examples: "Are you okay with the term disabled?" "Can I ask why your face looks different than mine?" Pro Tip: If you don't know someone, ask permission to ask about their disability first, like the phrase above starting with "Can I." Questions should be based in understanding, not to secretly insult or interrogate someone.