Part 1 Transcript:

[The video starts with displaying the cover of Haben Girma's memoir "Haben: The Deafblind Woman who Conquered Harvard Law," but there is a sheer pink filter overlapping the cover image. However, the original book cover is different: on the actual cover Haben is wearing a blue dress, she's against a red backdrop, and the title text is in large white font. But the pink layer that I added on top of her cover matches the pink border on the two images next to this post on my instagram feed. A video of me (Nathan) soon appears in the top left corner, and I am layered on top of the cover of Haben's book. I am a white male, with brown hair and eyes, and I was sitting in my car as I recorded this section. I am saying] :

"okay hellooo! I'm really excited to share about this book [once I say "book" the actual colors of Haben's cover are revealed]. It's written by Haben Girma, who is the first Deafblind graduate from Harvard Law School. And now she works as a lawyer fighting for disability rights and I've learned so much from her from following her on instagram, and reading her book, and I love it SO much, that i've decided to make a video. Which I don't usually do. Which is why i'm providing a little introduction…(laughs to self) because you've never seen my face here, and umm It's proving to be a little difficult, but I am committed to finishing it"

(singing) This is what you're gonna see here. I'm playing a little graphic cause I've gotten so good at iMovie now. Just kidding - I'm an amateur. But it's okay and you're gonna still be watching, I hope, because I think it's really important what Haben has to share and I love it so much hey heyyy! (singing stops)"

[Description of previous singing section: I displayed information of the 3 part video series that I have made on Haben and gave information about where to find the videos and what will be featured in each of the Parts. I showed that in Part 1 (this video) I am going to show the audience some favorite clips of Haben, along with some bloopers of me (as I had some lighthearted/silly difficulty while making this video series). I then showed a graphic that was titled: Part 2, which displayed that I'd be discussing my personal takeaways from Haben's book and I mentioned that it would be available on IGTV and Youtube. I then showed a graphic for: Part 3, which mentioned that I would provide some tips for creating accessible content online and I said it would be available on IGTV and Youtube once again. And the last slide I showed during my little singing section was a slide that said "other wonderful accounts I have learned from: @habengirma @maryharman @upgradeaccessibility @higher_priestess @mollyburkeofficial @disabilitytogether." After this signing section, it goes back to a video of me sitting in my car at nighttime. I finish up my introduction to Part 1 by saying]:

"(laughing to self) wooow. wow Nathan. (small claps) what a beautiful song. oh, thank you. 💁🏻‍♂️(laughs to self). Okay, so I'm about to play some clips of Haben. um but before I do, I'm going to leave you with a favorite quote from her book, um. Which I've memorized now

So, "Sighted or blind, Deaf or hearing, each of us holds just the tiniest fraction of the world's wisdom. Admitting we don't know everything will aid us on this trek for knowledge."

wooo. I love it. okay. so anywaayy. wahhh. here is Haben (woosh sound)”

[The following is a clip from a youtube video, made by Harvard Law, that is titled “200 years, countless stories | Haben Girma ’13.” The video starts with a large “Harvard Law” logo and then Haben appears on screen in a green, long-sleeved, dress and she is sitting on a couch in an office with a large window behind her]

(music)

[Haben]: I was born Deafblind so growing up I've experienced many access barriers. Organizations that say, “Sorry, we can't help people with disabilities.” It's really important to know that we have options.We have civil rights. It’s important to build up advocacy skills. That's why I decided to become a disability rights lawyer and help make a world more inclusive

(sound of waves)
There's this idea that blind and Deafblind individuals live in darkness and their lives are full of fear. That's absolute nonsense.

[on screen at this time is an arial view of the beach]

There are alternative ways to access information and knowledge gained through touch is equal to knowledge gained through sight, sound, or other means. I've gone surfing several times in San Diego. [on screen is a clip of Haben surfing] It's a lot of fun to feel the power of the waves and to challenge yourself to balance on a surfboard, on a powerful ocean.

(music)

[On screen now is a view of a building on Harvards campus. After that, Haben is back on screen seated in the office once again]

When I started at Harvard law school, (clip cut) we used interpreters, who used voice transliteration. We used assistive listening devices.We used braille displays and keyboards.

(clicks on keyboard)

(Haben laughs)

[The following is a clip from a youtube video titled “Disabilities Advocate Haben Girma - Connecting Point - Oct. 22, 2019,” it is uploaded by New England Public Media. Haben appears on screen in a white, long-sleeved, dress. This dress resembles some similarities to the silhouette and tailoring of a men’s suit jacket, it additionally has black lining around the collar and gold buttons down the front of it. Next to Haben (on right) is her assistant Cameron, who is dressed in all black, and her guide Dog, Milo, who is seated next to her on the left. In front of Haben is the interviewer for this segment, and she is wearing a white dress with a green and blue floral pattern on it. Dialogue begins now]:

[interviewer]: Because I think people see her typing and you using a device with your fingers, can you explain what that is? [Haben]: So this is a braille computer. And on the bottom are dots, I'm running my fingers over the dots to feel the letters. It's connected to a wireless keyboard. Cameron is typing visual and audio information: like if you're
smiling, nodding, she's typing to let me know you're smiling and nodding. And then what you're saying she’s also typing that. This is a way for me to access visual and audio information. Very few people know sign language but most people, especially millennials, know how to type. So it's a way for me to easily connect and start having
conversations with people. [interviewer]: And so obviously you're using a technological innovation here today to help communicate with me. Do you believe that disability is an opportunity for innovation? I've heard you talk about that, I've read about it on your website. But innovation, how? [Haben]: When you face a challenge it's an opportunity to come up with a new solution. People with disabilities face challenges, because the mainstream society is built with non-disabled people in mind. So if we want to live in this world we have to come up with solutions to make it work. And in that process, we often come up with solutions that benefit the entire community. This process, of disability leading to community-wide innovations, is called the "curb-cut effect."
[interviewer]: Something else that you often talk about is this concept of the benefit of choosing inclusion. But do you think that people purposely exclude others? [Haben]: It’s more of out of sight out of mind. If you have an inaccessible building, where wheelchair users can't enter, then you won't have wheelchair users in the room. And the people who work in the space are not going to be thinking about access for wheelchair users. So we need to get people thinking: "access" means people
who are different from you as well. (clip cut) And all our bodies change as we age.
We should have access at every stage in our lives. We're the largest community group.
We're the largest minority group. Anyone can be disabled at any time and if you do become disabled you should have the right to still participate in your community.
[interviewer]: Hearing you say that, that people with disabilities are the largest minority group, it got me thinking, you know, we're listening to the 2020 democratic debates - I often hear the candidates talking about minority groups, but it's often attached to race, to people of color, I don't think that I've heard anyone on the 2020 campaign talking about people with disabilities. Why do you think that is? [Haben]: It’s really disappointing that very few politicians talk about disability. We are a significant, significant, minority group. So the politicians should be talking more
about disability.

[The following is a clip from a youtube video titled, “Haben Girma on Disability and Belonging #OBConf2019,” and it is uploaded by: Othering & Belonging Institute. In this video Haben is standing on a stage alone in front of a podium, which has the words “othering and belonging” on it. Haben is wearing a purple, sleeveless, dress]

[Haben]: All of us face the choice to accept unfairness or advocate for justice. As the daughter of refugees, a Black woman, disabled, lots of stories say my life doesn't matter. The dominant story is that people with disabilities are a burden on society. That's the dominant story. I choose to create my own story. (clip cut) I have a disability - and notice I say disability, not differently abled, or special needs. I like being direct and honest. I do have challenges. The story doesn't end there, the story starts and continues with all the different ways people with disabilities have for creating alternative solutions.

[The following is a clip from a youtube video titled, “Disability & Innovation: The Universal Benefits of Accessible Design, by Haben Girma @ WWDC 2016” which is uploaded by Haben Girma herself. In the clip she is standing on stage alone and she is wearing a black, mid length, dress, with short sleeves]

(applause & light music)

[Haben]: Disability never holds anyone back. Disability is not something that people need to overcome. The barriers that exist are created by society. And it's up to every single one of us to work together to remove those barriers.

[The following clip is a continuation from the first clip from Harvard]

[Haben]: Technology creates opportunities for people with disabilities to have greater access. A lot of people are building services
without thinking about inclusion for people with disabilities. We don't want separate services, we want one mainstream service that everyone can use.

[The following is a clip from a youtube video titled, “Haben Girma: 2020 National Book Festival,” which is uploaded by Library of Congress. In this clip Haben is sitting on a couch and wearing a red, v-neck, short-sleeve, shirt]

[Haben]: Why am I passionate about social justice? Because I want to stay alive. I want access and opportunities that are available to non-disabled people. Disabled Black and Brown people are at greater risk of police violence.About a third to half of those killed by the police are disabled people. A lot of individuals in power - police officers, TSA agents, walk into situations assuming one can see, hear, move in certain ways, and that is terrifying and leads to many deaths. Knowing all these injustices exist move me to advocate for change, to be a social justice advocate. (clip cut) My Deafblindness is not the thing that made life difficult. It was ableism that made life difficult. Ableism is the belief that disabled people are inferior compared to non-disabled people. It’s not true, we're not inferior. But ableism keeps moving throughout our society and saying: disabled people don't matter. Therefore, don't make the service accessible, don't provide medical care, and all kinds of unfair biases. (clip cut) There's a lot of injustice against disabled people. If you can turn that off and pretend it doesn't exist and stop thinking about it, that's a privilege. It's a privilege to not think about disability access issues.

[The following is a video of me, recorded on a different day than the intro, but I am still sitting in my car and it is daytime. In the top left corner there is a screen recording of the “frequently asked questions” page from Haben’s website. I scroll down her website (via screen recording) as I read it outloud]

[Me]: Okay hello again. I'm gonna end the video with um a section from Haben's website under, "Frequently Asked Questions.” Um there's a question, “What advice do you have for journalists writing about disabled people?” and she writes:

Challenge yourself to create a disability story without using the word inspiration. The overuse of the word, especially for the most trivial things, has dulled its meaning. People sometimes even use the word as a disguise for pity. For example, “You inspire me to stop complaining about my problems because I should feel grateful that I don't have yours.” Messages that perpetuate us versus them hierarchies contribute to marginalization. Engage audiences by moving beyond the inspiration cliche. [text appears on screen in red bold print, “move beyond inspiration cliche.”] And then she also has “Harmful Messages We Should Avoid” um which I recommend pausing to read [text appears on screen again, “but really”]. And “Great Messages We Should Send.” Which I also recommend pausing to read. Um but this is the end of Part one. Thank you so much for watching, um here are some bloopers of me failing at making videos - because it's kind of difficult. (laughs to self) Whatever, okay Hi - I mean bye.

[The following are some silly outtakes from making my part 2 video. The top of the screen during this section reads “Bloopers: the struggle of making Part 2.” In all these short clips I am sitting in my room, at my desk. You can also see a bit of my bed behind me. I’ll try and describe this next section the best I can. Dialogue starts now]:

“I am going to…
[stops and slaps cheeks lightly]
hah I don't like being
on camera.
[grabs cheeks]
I'm gonna read…
[squishes face]
Should I
start over? okay.
(clip cut)
lasssly.
[puts up both hands]
lasTly.
[said it again because I realized I didn’t pronounce the “T”]

(clip cut)
I'm laughing. okay. okay.
[shakes face and blows blueberries with mouth]
okay.
[tries again but smiles - then becomes frustrated]
oh my god!
(clip cut)
[looks several directions with eyes]
where am I looking?
ummm (laughs)
(clip cut)
[reading off paper]
about, about,
[smiles]
sorry um and choosing to not include
[slaps face against palm of hand]
(sigh)
(clip cut)
[smiling to myself and clapping]
I'm starting again
(clip cut)
okay.
but (clears throat)
[I do weird pat on my chest and bend my wrist like a cat paw]
(clip cut)
(singing) here I gooo. okay.
[I have an embarrassed look on my face]
ohhh Godd. okay.
(clip cut)
[squishing my face and then punches palm of non dominant hand]
again!
(clip cut)
[looking at my computer screen and making an overwhelmed face]
(groans)
(clip cut)
[I'm smiling]
I wanna start over.
(clip cut)
slash
[rolls eyes]
slash?
[grabs face]
that doesn't make sense
(clip cut)

(wheeze laugh)
should I keep going?
[puts hand to palm, then get’s back up quickly]
Yah.
(clip cut)
[looking at computer screen]
messed up. okay.
[scrunches face and shakes fists]
(grunts)
(clip cut)
(whispers)
I don’t like this.
(clip cut)
[doing a weird thing with my hands]
um buuutt
(clip cut)
[makes a silly face]
woah
(clip cut)
[reading off paper]
and for those…
[looks off frustrated, then continues]
hmmm. stop.
[claps]

[at the same time of the clap a new graphic shows up on the screen, which reads, “Parts 2 & 3 on IGTV and Youtube. Part 2: my personal takeaways. Part 3: online accessibility tips”]

(clip cut)
[I’m looking at screen confused/pondering, tapping my finger on my mouth]
mmm.
[I look like I figured out what I needed to]
(clip cut)
is not accessible -
[I look annoyed and try again]
is NOT acceptable
[I slap my mouth]
(clip cut)
[I am grabbing and scrunching my face in lighthearted frustration]
God...you can do it. okay.
(clip cut)
(laughs)
(literal gibberish)
anddd clap!

END OF TRANSCRIPT FOR PART 1

Part 2 Transcript:

[The video starts with me seated outside. You can hear drums in the background. There is a wooden wall on the left and many trees visible on my right. I am wearing a green/tan sweater. A graphic pops up on screen that reads “Part 2 - My personal takeaways. A series on the book “Haben: The Deafblind Woman Who Conquered Harvard Law.” And then there is also a picture of the cover of Haben's book with her instagram handle below it: @habengirma. I then begin the following dialogue]:

Okay hello! (sound of drums) ooo do you hear some drums back there? This is my Part Two video on Haben, hopefully you've already watched Part One [a graphic shows up displaying where to find Part 1 on my instagram feed]. Should I dance on beat? Okay. I actually came out here to re-record Part two, because I actually thought my last version was a little boring. But I realized that my last version might only be boring because I'm reading off a paper. Which kind of sucks but I'm just not very good at reading..So anyway I've come to accept that I should just leave Part Two as it is. Because I don't know how to make it any more entertaining, even if I'm outside. So this would be a great time to: fold some laundry, mmm maybe drink a cup of coffee, or yeah, or you know, just like um do anything else around the house that you need. (clip cut) I’m basically saying don't watch but maybe just listen. mhmm. (clip cut back to original vid) Um I would love to keep your attention but if I can't, um I will not be offended. And that is totally delicious and up to you. So I'm gonna go now. I hope you can hear these drums, or else I just look like a crazy person who's shimmying. But anyway, here's Part Two. wah wahh.

[visual description of the following clip: I am in my bedroom sitting at my desk. I am wearing a white T-shirt and you can see a bit of my bed in the background. Dialogue begins now]:

But before I begin I do want to say that I always welcome critique and correction on anything I say or write when I share my takeaways about identities that are not my own. I am never under the impression that I'm "right," nor is being "right" to my goal, I'm always learning and therefore I'm happy to receive necessary corrections if/when needed. Okay.

(small burp) ugh gross. Okay. uh so the thing..ugh my goodness. Should I keep going? I'm gonna keep going. Okay

So the thing I'd like to highlight from Haben's book is that the motivation is not about "helping" those with a disability, it is about the recognition of the importance of personal autonomy. Which cannot exist without one's access needs being appropriately met. The importance of autonomy is also something to consider when we focus on stories of the disabled community. Rather than listening to narratives *about* the disabled community, from someone outside of it, it is important to listen to voices from the community itself. This includes me, I am not a part of this community

and therefore if I cross any line within my writing here don't listen to me and instead go directly to the resources that I am lifting up. For example: Haben. But in hopes of connecting with friends on here, who I know are mostly hearing and sighted - I believe if we have been privileged with access to most all information we would benefit to reflect on why we feel we may "deserve" this access while others don't. And the answer in my opinion is that we don't actually "deserve" access but we may likely feel entitled to it simply because we've always had it. And we may then likely defensively suggest that, "it's just the way it is." However, it's long past time to challenge that "that's the way it is" or "has been" mentalities, because that school of thought has been complicit with leaving the needs of many behind for centuries (literally) and it's harmful, if not to you personally, than to others. Our society was
not properly um set up for those who are Deaf, blind, or Deafblind. These communities encounter many barriers to gain access to information that sighted and hearing people consume without second thought. And pointing this out should not be controversial [stumbles] controversial or be met with defensiveness, because it is simply a fact. However if you, yourself, do not currently prioritize access to those with a disability (either online or offline in your place of business) my goal is not to make you feel defensive or guilty - but it is to lift up Haben's work and have you reflect on ways to move forward with necessary inclusion and access in mind. There is no need to be defensive when pointing out our unacknowledged privilege, because it is usually just that: unacknowledged. And most times it's um from a lack of awareness, which may also not be a personal failing but often a societal one. I myself was not introduced to Haben's work until I was in college and that is only because I was taking a Deaf culture class. This tells me that only if you are attending college, and only if you are electively taking a specific class, on a specific identity, that our education system is not adequately designed to make you aware of the identities that are typically most overlooked. And redundantly, they are most likely overlooked precisely because they are made into "elective" courses, rather than required education. So how do we move forward as a society when we aren't explicitly taught or made aware of stories from the disabled community and are only introduced to these stories most often by chance encounters, like perhaps this post? um. We can make it our personal goal to seek out the information from the disabled community and to learn from them about ableism that runs throughout our society, and then challenge the ableist thoughts within ourselves - as our ideals are often shaped by society until we intentionally confront them and challenge them personally. Then we can start thinking of ways to provide access in the small ways available to us. And it does absolutely make a difference. For example, prioritizing access online [stumbles] in online spaces can make you aware of the access needs offline as well. When your mind is focused on access needs in one area you likely become attuned to other areas in which it is not being adequately provided. And just in case anyone wants to roll their eyes at that, please refrain from trivializing small efforts like adding image descriptions or closed captions on social media. Instagram is a huge platform where a majority of users spend time on it daily, either to connect with friends or find brands and services. So imagine the frustration of not being able to access this platform if you did not have the necessary access accommodations. As a social experiment: I challenge you to scroll through instagram today and click mute on any video without captions and try and figure out what's being said. Additionally, if you're next to a friend or significant other, um have them - close your eyes, close your eyes - and then have them open instagram for you and start reading people's captions out loud

and if they don't have image descriptions within the caption see if you can understand what the image is about. And then maybe you can even have your friend read the comment section for you out loud to see if you can piece together what the image may be with context clues from the comments. But I guess the sad thing is that people shouldn't be isolated or have to try and use context clues to gain access to things that we regularly consume as a hearing or sighted community. This is not about feeling like you "need" to implement access online but it is pointing out that if you believe that everyone deserves autonomy and access then you should want to do this. However, no one is going to make you - nor is anybody forcibly requiring you to do so (unless you are a business and refuse to provide access when asked by somebody who requires it because that is likely in violation with the ADA, Americans with Disabilities Act). But for personal platforms, for individuals, it is simply a choice. And for those who say things like, "Well I don't know anybody who's Deaf, blind, or Deafblind." This may be true but it doesn't [stumbles] - oh i just got a text message, sorry - This may be true but it doesn't omit that it is necessary to educate yourself about ableism and disability justice. This point would be just as ridiculous as someone saying, "Well I don't have a friend of color," as a way to absolve them from learning about racism. And choosing to not include access just because you don't yet personally know someone with one of these disabilities, actually keeps you from likely meeting someone from these communities because you, yourself, are creating a barrier by not including access. So it's a cycle that only you really have the ability to change.

(takes a pause) I wrote, "a bit of a tone shift," okay hmm: Admittedly I find it disheartening that some of the voices who speak loudly about liberation also tend to justify leaving the needs of those who are disabled out of their work, as if disability justice needs to have its own separate space. Perhaps I'm not the one who should be attempting to point this out, because I too still am learning, But I do find it disappointing when someone who speaks about intersectionality, then focuses in on singular levels of oppression, but then also tends to feel frustrated and shocked when people can justify leaving them, or the groups that they're advocating for behind. However how can someone in this position be genuinely shocked when they too justify exclusion to those who are disabled? I really love these two quotes from Mary Fashik...I think i'm pronouncing that right - who is the founder and runs the account uh @upgradeaccessibility. "Non-disabled leaders who are working toward collective liberation should be looking to disabled leaders that are doing the same work." and another quote, "Collective [stumbles] collective liberation is not truly collective without the inclusion of disabled/chronically ill individuals.”

[during that last portion a graphic appeared during the word “intersectionality” and said, “pause if you need definition. Intersectionality - is an analytical framework for understanding how aspects of a person's social and political identities combine to create different modes of discrimination and privilege. The term was coined by Kimberlé Crenshaw in 1989. Intersectionality identifies multiple factors of advantage and disadvantage.” I additionally displayed the two quotes from Mary Fashik that I had referred to.]

[Dialogue continued]: I believe [stutters] I believe. I do. Okay. I believe that the goal is never to try and figure out which marginalized group has it "worse" but instead to identify that injustice, of any kind, for any group, is not acceptable. Especially in a society where we have access to so much knowledge and we absolutely have the [stumbles] ability to address and make necessary changes to address our flawed society and the barriers it creates for marginalized communities. Or more astutely, communities who have been *made* marginalized due to these societal barriers. I also don't think that we need individual "leaders" or "heroes" to create these changes, we need community effort to agree upon the fact that if we truly did our part on an individual level, with community in mind, we could absolutely shape a better future together. I also think it's very important to question and critique figures who we place on a pedestal or that we identify as "leaders" - because these individuals are also a part of our society that was not explicitly taught about disability, and therefore they are also some of the very people who miss the mark as well with providing necessary access. Your favorite news stations, celebrities, or activists, are also some of the very people who are not prioritizing access themselves. Perhaps because they are unaware of the need? And I'm not pointing this out to blame anyone but rather to acknowledge that you do not need popular influential figures to give you the green light to prioritize access yourself and realize that it's important. You can additionally kindly inform these platforms, or figures, of who they are leaving behind when they don't incorporate access themselves. I say kindly, or at least that would be my method of choice, because I personally understand why so many would be unaware in our current society. And you can absolutely point this out without becoming antagonistic or assuming that they didn't provide access due to malicious intent. But likely due to an unawareness or a lack of education on the topic of disability. Lastly, I always mentally prepare my [stumbles] I always mentally prepare myself for defensiveness and conflict, perhaps it's unnecessary but just in case. um. As a note to anyone who may be irritated by my pointing out inequality or injustice, because you'd rather focus on "peace" or "getting along," - this response is rooted in toxic positivity and one that does not allow for proper critique of our unjust society. It is also a typical response from those who already reap the benefits of a privileged identity. But "peace" is nearly an illusion, as is "equality," in our current society - and until every single person investigates their unearned privileges - and challenges the society that benefits some identities, while it disadvantages others, complaints and uprisings will always be around the corner. And rightfully so. Not until everyone's basic human needs are met will we live in a world that can then perhaps focus on "peace." um. I feel when people speak of injustice it can come off a little like "us against them" mentality. So in this example, talking about access it would be people who provide access against people who don't. But I'd rather reframe that uh "us against them" mentality as "myself against myself" mentality. Because um it is my [stumbles] it is either my personal choice to include access or to not provide access. And because I only have power over my individual choice I cannot make choices for others, only call attention to things that I believe are the most inclusive and welcoming choices. So to be clear, I'm not "against" anyone who doesn't prioritize access themselves. I'm simply encouraging us all to consider why we don't already provide access and if we would be willing to see why it's important [stumbles] it's an important step for equitable futures. If we do not take the initiative to examine injustice, and by extension unearned personal privileges, then we cannot do our part to swing the pendulum toward a more just society. And if we do not take concern with learning about the barriers that some face, we keep some of the barriers in place simply by doing nothing at all. We are each a part of a society, we create it by the choices we make or don't make, meaning that we each have value and importance when trying to transform it. And maybe one day we won't have to have long discussions on inclusion because we will all be a part of a society that is actually designed for everyone in mind. And where inclusion is the precedent, not the exception. Long story short: I do not like participating in spaces where not everyone is welcome and because of that I do not really like posting on instagram anymore. But specifically, I don't like um reposting things on instagram stories as some screen readers, which is something used by the blind, um cannot access this feature. But if I do end up posting something on an instagram story, I specifically don't repost anything that does not include full accessibility in the original post itself. And I can't help but think that if more people adopted this way of thinking, we could reach online accessibility results faster. The app creators of instagram would likely be more proactive in making this feature accessible and other features that are perhaps not accessible at the moment [text appears on screen, “like IG live”]. And brands that don't include accessibility would likely lose their engagement and be quicker to make necessary changes to maintain their following. I do tend to operate in extremes, so people can think that I'm being "too much" or "too sensitive," and that's okay - but I also think if more people decided to care, and also stop sharing things unless they were made accessible to everyone, we would begin to attune ourselves to the necessary changes that need to be made, online and offline, to operate in a more accessible society. Okay. woo woo woo

That was long, that's very long. I'm very sorry. If you made it to the end of this thank youuu so much again. And in *Part Three* I'm going to discuss ways that I've been implementing access online, and hopefully my methods will make it easier on you if you begin to do so as well. And I'm going to lift up some instagram accounts that I have learned so much from while creating accessible content. And Part Three is under my IGTV tab somewhere. I don't really know. I'm gonna stop the video.

Wahh

[The following clip was from a different day. I am in my living room and sitting on my blue couch. I am wearing a green sweater and I say. Text appears and reads, “I made an error.” Dialogue begins now]:

I do want to mention one more thing, that I listed deafness under the umbrella term disability in this video. But I do think it's important to call attention to the fact that not everybody who is d/Deaf describes themselves as disabled [text pops up on screen and says, “*considers themselves”]. So some do and others do not. So it's always best not to assume you would know how somebody likes to be identified. I think this topic is like a little too big for me to even have much commentary on [text pops up on screen again and says, “*it also wouldn’t really be appropriate as this is not my experience”] . But I do just want to call attention this and there is a couple youtube videos that I would recommend watching. And I will list them here. And that's all I want to say. This is the longest video in this little series that I've made and um it is done now. You made it to the end. Thank you so much if you're still watching - whew. Okay bye.

[the youtube videos I listed on screen are: 1. Are deaf people disabled? Uploaded by Rogan Shannon. 2. Misconceptions about Deaf People - Uploaded by mental floss. 3. Is deafness a disability? Uploaded by Ahmed Khalifa. 4. Marlee Matlin on Cochlear Implants and Deaf Culture - Uploaded by World Science Festival.]

END OF TRANSCRIPT FOR PART 2

Part 3 Transcript:

[The following is a video of me sitting outside. I am in front of an industrial white building with blue tinted windows. I am wearing a blue shirt, with a graphic wave design on it, and I also have on a forest green jacket. As a general note, in this video there are a lot of graphics that pop up on screen as I'm talking, so I will try to describe pop ups as clearly as I can while also trying to be mindful of potential disruption to the flow of my dialogue. Last note, at the beginning of the video my energy seems a little low (but I'm still smiling and trying to continue). Dialogue begins now]:

okay hello hello

[A graphic of a thought bubble appears on screen above my head. It reads, "Not enough energy! Try again"]

Okay! Hello Hello

[a graphic appears on the left of screen and it reads, "Part 3 - tips for providing accessibility online. A series on the book, "Haben: The Deafblind Woman Who Conquered Harvard Law." There is also a photo of Haben's books cover with her instagram handle listed below: @habengirma]

Hi! This is my *Part Three* series on Haben. Parts One & Two are somewhere over here. Hopefully you've watched them. If not, you'll...see how to find them. (laughs) and then um

[a graphic appears on right of screen showing audience where they can find Parts 1 and 2]

(stutters)
And in this —

[Text appears on screen and reads, "what's happening bb?' This is referencing my stuttering and tired energy. My dialogue continues]:

And in this video I'm going to talk about providing accessibility online. um so [video cuts to me on a different day, I am laying on my bed and talking to camera. I am wearing a black shirt and the same green jacket. Dialogue begins now]:

Hello, I'm gonna be honest for a second and just admit that I don't think this was like an easy thing for me to make. I don't even know what I'm trying to say, other than I just think, whatever. Accessibility is really important to consider. That's why I made the video, I'm happy to have made it because i think it's important - but at some times I put this like pressure on myself to be like very energetic because I thought it would hopefully keep people's attention longer. But it kind of sucks that you feel like you have to like perform energy in order to keep people's attention on something that is actually very important. So I think that's like shitty. And that's all I'm trying to say is that like it shouldn't matter how the message is coming out.

[texts appears on screen and it reads, “or WHO is saying it”]

If it's important it's important and it shouldn't matter how someone's saying it. So accessibility is important, period. It is important to consider. It is important to think about online and offline. And that's pretty much what I'm trying to say by this little rant that I'm having. And I'm trying to make it quick as well because it's like you want to make it quick because you don't have people's attention for too long. (clip cut) So I'm gonna shut up now, because I'm gonna continue with the video that I had planned. And hopefully it's helpful to anyone who's still paying attention. (clip cut. I’m now laughing to myself) So whatever whatever whateverrrr. I'm gonna be done now. I'm done. Will this even go in the video? I have no idea. okay.

[Video cuts back to original location outside. Dialogue continues]:

And in this video I'm gonna talk about providing accessibility online. um. So I just want to admit that I'm not like an expert and I'm still learning so actually these accounts are people I've learned from and I definitely recommend following them. um.

[a graphic appeared on the left as I said my previous statement. It read, “& other wondrful humans/accounts I have learned from @habengirma @maryharman @upgradeaccessibility @higher_priestess @mollyburkeofficial @disabilitytogether.” My dialogue coninues now]:

But I can provide some tips I have used when organizing content online, to make it fully accessible. um. So I'm gonna begin, in case you would like to hear that from me. So I'm gonna start with the image descriptions. um. So for this, I've been actually just using the voice to text app. [text appears on sreen, “*feature NOT app.”] And I'll just go to a photo and I'll swipe up on it - in my iPhoto or whatever and I'll just like describe the photo.

[text appears on left and reads, “prepping image description:” and a screen recording of my phone appears on the right. My screen displays a picture of me and I swipe up on it and press the voice to text feature and start describing the image out loud. The following is the description of that photo, which I say out loud on camera]:

So for this one I would say: [sped up] "a photo of me (comma) a white male with short brown hair and eyes (period) I'm standing in front of a home (comma) which has a cactus garden in front of (period) I'm smiling and looking at camera (period) I'm wearing a green sweater (comma) I have a backpack on (comma) and I'm also wearing a fanny pack over my shoulder (period) I also have a Starbucks cup in my hand (comma) and a blue hydro flask tucked under my arm (period).

um. And then I would just copy and paste this description and add it to my caption, um on instagram. And I would just say like - image description: blah blah blah. um.

[a new graphic appears on left that reads, “multiple image descriptions” and it displays a post from @upgradeaccessibility’s instagram account, along with a screen shot of the image descriptions that were used for these photos. The image descriptions provided are as follows: “Image description: Slide 1: A picture of a maroon shirt with white text that is left aligned. The text reads: #UpgradeAccessibility Because accessibility is about more than just ramps and parking spaces. Slide 2: A picture of a maroon shirt with the Upgrade Accessibility logo centered and at the top. The logo is a circle with a maroon background and white text that says Upgrade Accessibility. The top left part of the U is and upward arrow.” The following dialogue happened simultaneously as this graphic was shown:]

So for multiple image posts you would just like do the same process and be like - image one: this description image two: this description. I'm sure you've seen other people do this. so um.

[a new graphic appears on screen and it is a screen recording of a post from my photography instagram. It is a four image post of my friend Raymond, a Black man with short brown hair and eyes. I am swiping through the images and scrolling through my provided image descriptions. However, to avoid flow of dialogue from the actual video, I will just briefly describe: the four image series is of Raymond dancing on my rooftop in LA. If desired, I can DM this post to anyone interested in listening to the full description. The following dialogue happened simultaneously as this screen recording was on display:]

However, on my photography page I have been getting a little more specific with descriptions, just because I like to, you know, include how I'm like composing an image. Or maybe how a subject is posed. um. Stuff like that. Just to like, kind of, like give my style of photography and how I personally capture images. I don't really know if being that specific is like necessary or even like desired by like a blind consumer. But I personally like to do it. um. I don't know. But another important thing to include in image descriptions is race, um as pointed out by Haben in this tweet which reads, [a screenshot of a tweet from Haben appears on left] “When identifying race in visual descriptions for blind people, don't skip white. Often I read things like: John, a Black man, stands next to Jane, a dark-haired woman. Intentionally or not, it perpetuates racism. Descriptions and antiracism are both needed to improve accessibility. And in order to avoid assuming someone's racial identity, it's always best to ask how someone identifies themselves. And so in future um contracts for photography clients I'm actually going to include the question: “How would you like to be identified for an image description if I share photos from our session on social media? Please make sure to specifically include race, gender, hair color, and eye color. And then anything else is up to you. For example: sexual orientation, height, body size, disability." Anything else someone would want to mention. um. But speaking of physical descriptions, I've also noticed descriptions being used in videos. I've noticed that many people from the disabled community will just start videos off right away by briefly describing themselves. So in this video, I probably should have like mentioned right off the bat like: Nathan speaking. I'm a white male with brown hair and brown eyes. um.

[video cuts to an excerpt from Youtube video titled “Intersectionality Between Race and Disability,” I introduce the video by saying:]

This would actually be a better example of what I'm describing here. [Reyma]: So my name is Reyma McCoy McDeid. My pronouns are she and her. I am seated in a white office, uh with white bookshelf behind me. I am a Black American woman, very light complected, long curly brown hair, and I am wearing a top that has a moon on it

(Reyma laughs)

[Before the video excerpt ends, text on screen shows up and reads, “I would also recommend this video” and I also included a heart emoji. My dialogue continues now:]

I didn't do that just simply because I know a lot of people probably like would be like, "Huh? What are you doing?" um. So I'm including it now as just letting you know that, you know, some people do do this and to reflect on why they would be providing that information. um. As far as captions on videos, I do know that instagram and tik tok have like auto generated captions now, which is really cool. And it's free. It is free I think? I don't make many videos so I don't, I don't use those. I've been using the app "mixed captions" or the app called "captions." And I personally like this "captions" app more.

[graphic appears on left to show what the icon of the apps look like]

The downside is that it does cost a little money, so maybe I'm like stupid and should use like instagram and tik tok which are free um. But I like it, so I'm letting you know. um.

[text appears on screen that reads, “This tutorial on youtube is also great for CC:” and then on the right of screen you see a screen recording of the video titled, “How to Add Captions While Uploading & Editing Your Videos” uploaded by Youtube Creators. My dialogue continues now:]

When posting videos though, it is also important to add the transcript of the video in your instagram caption or in the comments section below. And this is for individuals who are Deafblind, meaning they will not be able to read the captions on your video or hear the video. So captions alone um will not be accessible to the Deafblind community.

[a new graphic appears on left and reads, “same principle applies to screenshots of tweets OR infographics — transcripts are necessary for Blind and Deafblind individuals.” Dialogue continues]:

Okay and I am gonna finish, I'm gonna finish the video by saying that: adding descriptions, captions and transcripts, can take time - However, it may only feel like "extra time" just because we were unfortunately not taught to think of accessibility in this way before - or at least most of us were not. However, if you remember why you're doing it - which is out of the appropriate care for accessibility needs, of people who require this access, you'll have attached a reason to why you're doing it. But while speaking of disability, for those who are disabled themselves, adding all forms of online access can indeed be taxing for the disabled community. And the phrase, "I don't have the spoons" is commonly used as a metaphor to describe that they just do not have the energy to do particular tasks.

[a new graphic appears on left and it is a screenshot of an instagram post from @higher_priestess. The post is a text graphic and reads, “Tips for adding image descriptions when you are Disabled/Low Spoons.” And then underneath this screenshot I wrote, “Great post from @higher_priestess.” Dialogue continues]:

um. I'm going to read this part: So the metaphor uses “spoons" to represent energy units For every task a chronically ill or disabled individual performs, they lose energy units, meaning more and more spoons get taken away. And when they're gone a person has no energy left to get throughout the day. So -

[a new graphic appears on left and reads, “*dependent on how difficult the task was for the individual and the enedrgy required”]

[Before moving on, I just to be clear that I did not read that last section from @higher_pristess post, it was just something I found on a google search. But now, the video cuts to me on a different day. I am in my bedroom and have a gray sweater on and I say]:

Hello I do want to mention that I made a little mistake. So, I shouldn't have summed up the spoon theory to describe both chronically ill individuals and disabled individuals together. Because the spoon theory was created with chronic illness in mind, specifically and not everybody who is disabled has a chronic illness.

[a graphic appears on left and reads, “the spoon theory was created by Christine Miserandino in 2003 to describe her experience with Lupus.”]

So therefore not everybody from the disabled community may relate to the spoon theory, or even use the spoon theory, or even feel like they have limited energy. The only reason I did sum it up together is because I have seen *some* disabled individuals also adopt the language of the spoon theory and use it to describe their experience. But that does not mean that everybody from the disabled community talks about "low spoons," and they might not relate to it at all.

[a new graphic appears on left and reads, “main point: everybody is different. Please don’t take my short explanation and make generalized assumptions about whole communities of people.”]

So hopefully this makes a little bit of sense. And if not, then I recommend looking up some more on your own because I'm still learning as well. Okay.

[cuts back to original video of me outside]

This is important to consider but I also want to mention that even for those without a disability it is understandable that it can be difficult at times to, you know, add another thing onto your plate. But in scenarios of low personal energy I think it's a great time for community care to come into play.

[text appears on screen a reads, “yay interdependence.” With a heart emoji]

So instead of not providing access at all, you can call attention to your limited energy and just explicitly say something in your caption like: "I don't personally have the energy to add a transcript/image description to this video/image at this moment but if anyone is willing to do so I will pin your comment. um. Or if not, like I will maybe have the energy to do it later."

[graphic appears on left and reads, “you could even save a template of something like this in your notes app.”]

So, you know, that's a great way to just like admit that we don't always have all the energy, you know. But at least you're calling attention to the fact that you would like to provide accessibility. So I think that's a great place to start.

[video cuts to an excerpt from a TEDtalk titled, “The Independence Myth: People With Disabilities Are Interdependent Too” presented by Denise Lance at TEDxKC. Next to the video I write, “context at the beginning: she’s talking about feeling shy to ask for assistance at the grocery store.” I introduce this excerpt with this continued dialogue]:

This is an excerpt from a TEDtalk with Denise Lance about the importance of interdependence. [Denise:] Because a voice still tells me I need to do it myself, even if I am struggling and a seemingly nice person is passing by. I just can't bring myself to say, "excuse me could you help me get the pumpkin spice coffee creamer, please?" I am working on it though. But needing other people, needing help, makes us human. Each of us has strengths and weaknesses. So helping one another balances the universe.

[text appears on screen and reads, “this next part.” With a heart emoji.]

People say that the three most difficult words to say are "I love you." I disagree. I think "I need help," is much more frightening. I'll make a deal with you - I will try saying: "I need help," when necessary, if you will too. People, People who need people, are the luckiest people, in the world. As Barbra Streisand sang. I should go now. I'm feeling a bit verklempt. (audience laughter)

[cuts back to original video of me outside]:

And no one is trying to negate that adding these things does not come with a bit of an adjustment. It absolutely takes a bit of time to get the hang of it. But I'm happy to share this video and these resources as a way to hopefully aid anyone when trying to organize this. Because I definitely tried a couple other methods that were less effective before and they did take more time and I wish I knew some of this before. um. Because those other methods were not going to be as sustainable. But I also just think that the goal would be to start providing access like where you are, right now Rather than like thinking you need to go back and add access to all your previous posts on things that you perhaps didn't. I'm personally going back to my old posts and adding descriptions, just because I want to. But for anyone I just think it's like your own judgment call. And it's more about like reflecting on what you can do in the future to provide full accessibility to online work and online posts like, right now.

(laughs)

But personally it's going to take some time.
[graphic appears and reads, “for example: I still need to update my website and youtube channel.”]

But I am happier to at least know that at least my future posts online can be made fully accessible, um. Because I'm aware of this information now. So that is all I have. I'm a little - I'm a little tired from making this video. But I appreciate anyone who watched. I hope you learned something.

[graphic appears on both left and right of screen. On the left, Haben’s book cover appears once more and her instagram handle is listed below: @ habengirma. I also write below that, “Her book is fantastic! I actually recommend the audiobook.” With a smiley face symbol. Graphic on the right reads, “& other wonderful humans/accounts I have learned from @habengirma @maryharman @upgradeaccessibility @higher_priestess @mollyburkeofficial @disabilitytogether.” The following dialogue happened simultaneously with display of this graphic]:

I think Haben's great. I think these other resources are great. um and I hope like we can all reflect on ways to provide more access in the future. It's important, I think it is. (laughs)
okay okay. I'm gonna stop now.

[new graphic on left reads, “feel free to ask any questions (heart symbol). I can try and answer myself OR direct you to more specific resources if needed. Take care everyone!”]

Thank you so much for watching. I know I can ramble, and I'm doing it right now. So I'm gonna stop and I appreciate you.

[video cuts to a clip of my from Part 1 of this series, I introduce it by saying]:

My favorite quote from Haben, one more time: So, "Sighted or blind, Deaf or hearing, each of us holds just the tiniest fraction of the world's wisdom. Admitting we don't know everything will aid us on this trek for knowledge." (claps) I love it.

[text appears and reads, “thanks for watching!’]

END OF TRANSCRIPT FOR PART 3