

# Be

## Learn.

Learn the issues so people with disabilities don't have to educate you. Remember one disabled or Deaf person doesn't speak for everyone.

## Change your language.

Consider what terms like "lame," "crazy," or "retard" mean. Use person-first language until you understand disability-first language.

## Eliminate ableism.

Don't just recognize ableism and audism. Name it and work to dismantle it.

## Practice support from a distance.

Disabled people and culturally Deaf people need time and space without nondisabled hearing people. Respect boundaries.

## Keep going.

Practice self-care, but keep going. Disabled people don't get breaks, so join us for the long haul.

## Be an ally for other groups, too.

Most people with disabilities have other identities, so celebrate that by honoring all types of diversity and practicing "nothing about us without us" for everyone.

# An

## Make mistakes.

Make mistakes, apologize, and learn from them.

## Put your new knowledge to work.

Share with others. Go to disability events. Learn ASL or braille. Promote access.

## Find disability everywhere.

Change your perspective. Look for ways disability, Deafness, illness, and difference are portrayed in society and the media.



Be an Ally.



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