

## Examples Of People First Language

<b>Labels NOT to Use</b>	<b>People First Language</b>
The handicapped or disabled	People with disabilities
The mentally retarded	People with mental retardation
He's retarded	He has a cognitive disability
My son is autistic	My son has autism
She's a Downs kid, a mongoloid	She has Down syndrome
He's learning disabled	He has a learning disability
I'm a paraplegic	I have paraplegia
She's crippled	She has a physical disability
He's a dwarf (or midget)	He's of short stature, or he's short
She's emotionally disturbed	She has an emotional disability
He's wheelchair bound, or confined to a wheelchair	He uses a wheelchair
Normal and/or healthy kids	Typical kids or kids without disabilities
He's in special ed	He receives special ed services or additional support services
Handicapped parking, bathrooms, etc.	Accessible parking, bathrooms, etc.
She has a problem with...	She has a need for...
He's a diabetic	He has diabetes
She's an epileptic	She has epilepsy

**Keep thinking.**

**There are lots more examples out there.**

**And practice, practice, practice.**

**Old habits die hard!**

**People First Language  
puts the Person  
before the Disability.**

**The difference between the right word and the almost right word is the difference between lightening and the lightening bug. Mark Twain**

**Who are people with disabilities?**

Historical and current myths tell us they are:

- *People who suffer from the tragedy of birth defects*
- *Paraplegic heroes who struggle to become normal again*
- *Victims of diseases fighting to regain their previous lives*
- *Categorically the crippled, the retarded, the autistic, the blind, the deaf, the learning disabled.*

**Who are they really?**

*Neighbors, friends, employees, students, leaders, movie stars, followers, teachers, moms, dads, sons, daughters, beauty pageant winners, they are.....people. They are People.*

***Are you myopic or do you wear glasses?***

***Are you cancerous or do you have cancer?***

***Are you freckled or do you have freckles?***

***Are you handicapped/disabled or do you have a disability?***

***People First Language says  
what a person HAS not what a Person IS***

**THEY ARE PEOPLE FIRST- DISABILITIES SECOND**

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