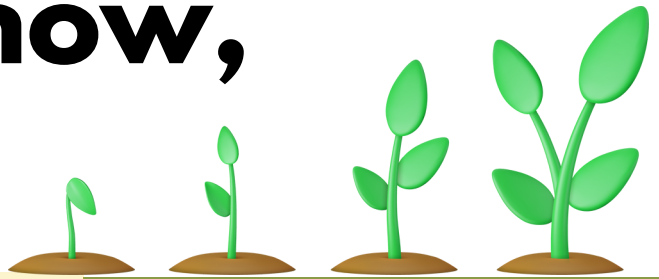


# You gotta know, to grow...



**Negative Ableism** is when people use disabilities as insults, or as an excuse for discrimination.

Examples: “That’s lame,”  
or “Are you blind?”



## What is Ableism?

“discrimination or prejudice against individuals with disabilities”\*

\*Merriam Webster Dictionary

## What is Stigma?

“set of negative or unfair beliefs that a society or group of people have about something”\*

\*Merriam Webster Dictionary



**Positive Ableism** is when people use kindness or compliments as a way to ignore the disability.

Example: “You don’t look like you have a disability”

## Know your RIGHTS!

The Americans with Disabilities Act (ADA) prohibits discrimination.

### SPEAK UP!

Ableism affects everyone.  
Advocate.

## Know YOURSELF!



## Why do they matter to me?

When **ableism** and **stigma** are present - so are discrimination and bullying