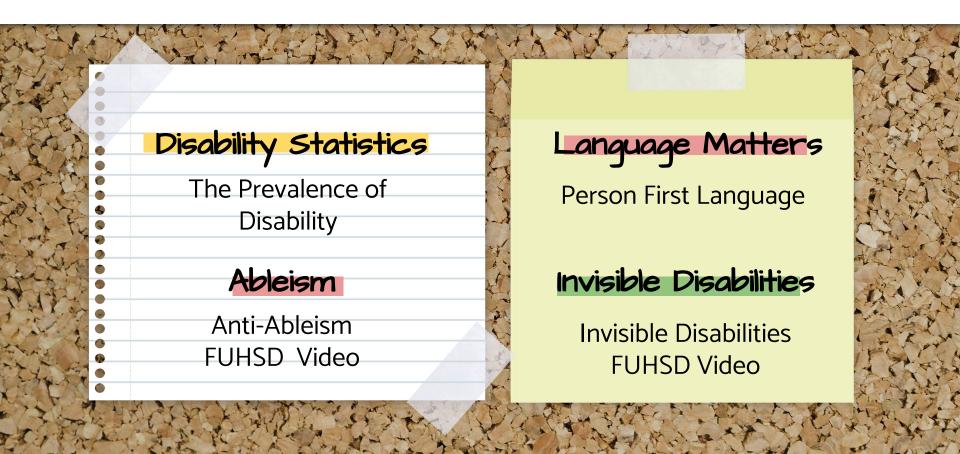


Table of Contents





- Develop awareness of ableism and its role in social justice
- Understand language that helps put people first
- Learn about visible and invisible disabilities
- Reflect on your role in the inclusion of people with disabilities



- a physical or mental
- condition, especially one that hinders or
- prevents a person
- from performing tasks of daily living.
- carrying out work or
- household responsibilities, or
- engaging in leisure and social activities.

U.S. Disability Statistics 2018

产的特别是一个种的



of the U.S. population have a disability



of people ages 5-20 have a disability

10.4%

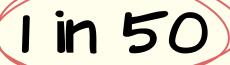
of people ages 21-64 have a disability



Disability Statistics - FUHSD



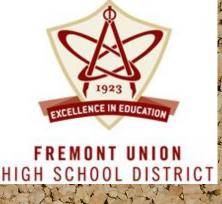
students have a disability

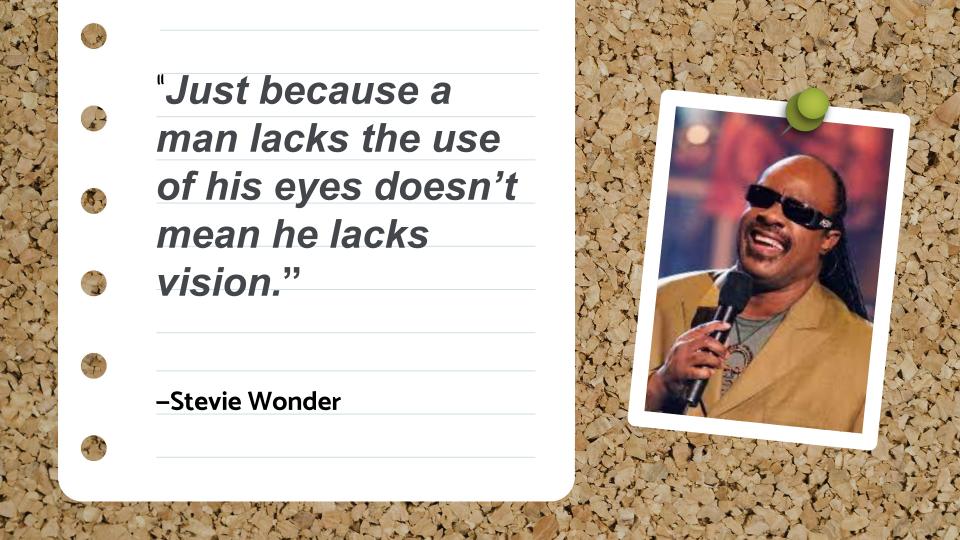


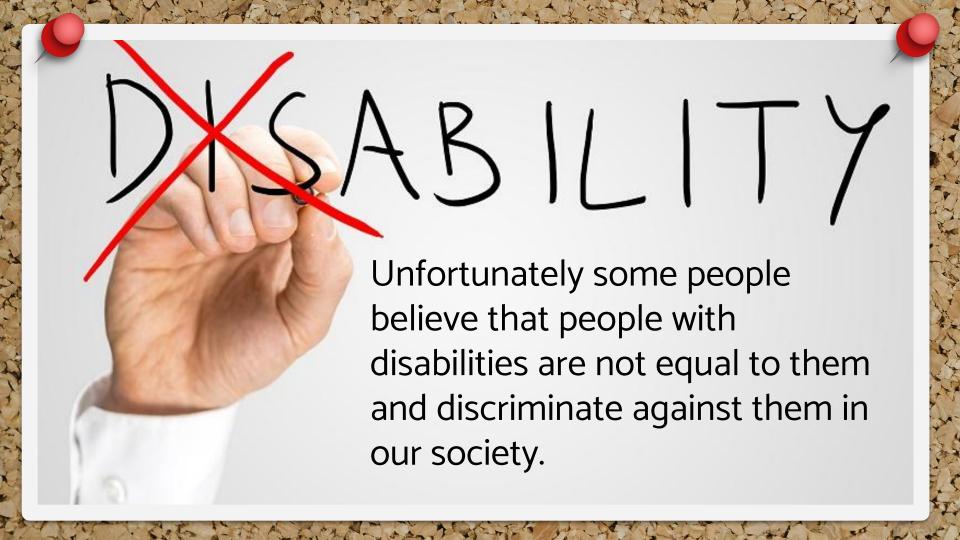
identified with Autism

3.5 in 100

Identified with a learning disability





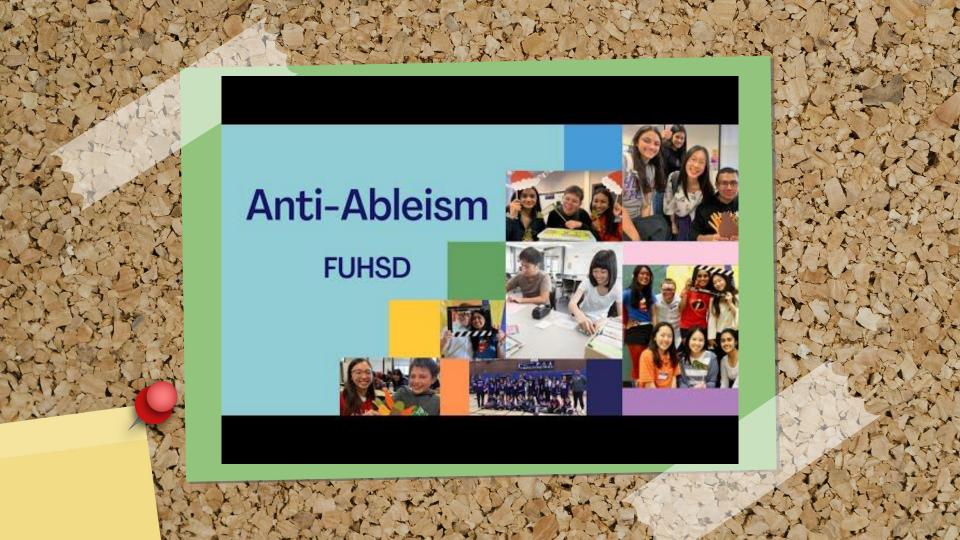


Ableism

ableism [ey-buh-liz-uhm]

- Ableism is the discrimination of and
- social prejudice against people with
- disabilities based on the belief that typical abilities are superior.
- Like racism and sexism, ableism classifies
- entire groups of people as 'less than,' and
 - includes harmful stereotypes,
- misconceptions, and generalizations of
- people with disabilities.

https://www.accessliving.org/newsroom/blog/ableism-101/







People First Language

puts the person before the disability, and describes what a person has, not who a person is.



No

A disabled person

An Autistic Person

A wheelchair bound person



Visible and Invisible Disabilities

People often judge others by what they see and conclude a person can or cannot do something by the way they look. This attitude can be equally frustrating for those who may appear unable but are perfectly capable, as well as those who seem able, but are not.



An invisible disability is a physical, mental or neurological condition that is not visible from the outside, yet can limit or challenge a person's movements, senses, or activities. The fact that these symptoms are invisible can lead to misunderstandings, false perceptions, and judgments.



- Take some time to
- consider how you
- can change the language you use
- to address people
- with disabilities.
- Reflect on how you can include people
- with disabilities in
- your community

If 1 of 10 students in FUHSD have a disability, then 9 of 10 students have the opportunity to learn about diversity, collaboration, inclusion, and friendship.



Best Buddies @ Cupertino HS

Instagram: @tinobestbuddies

Firebird Buddies @ Fremont HS

Instagram: @firebirdbuddies

The Differences Among Us @ Homestead HS

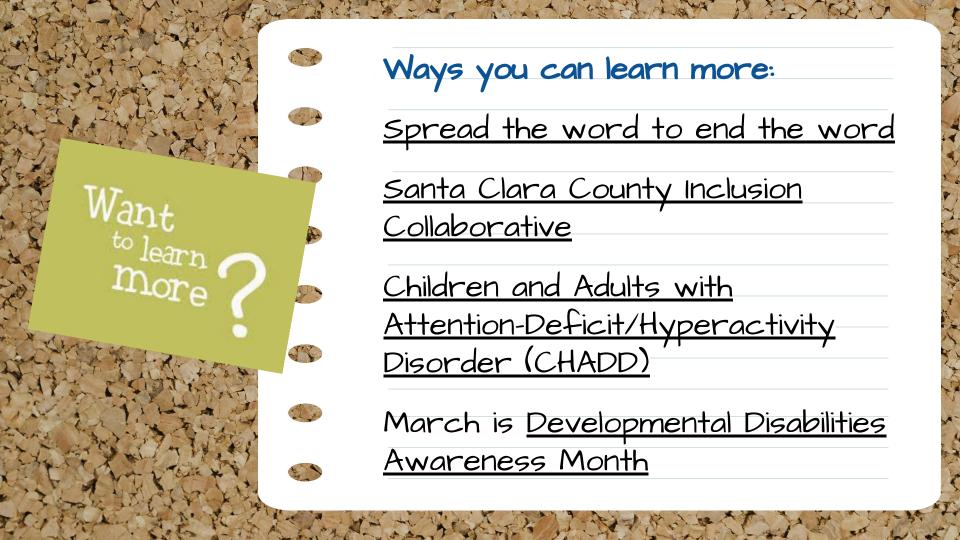
Instagram: @hhs.tdau

Viking Buddies @ Lynbrook HS

Instagram: @vikingbuddies

Ohana Club @ Monta Vista HS

Email: mvohana@gmail.com



Resources

- 1. Ableism 101 What Is Ableism? What Does It Look Like?" *Access Living*, 8 Jan. 2021, www.accessliving.org/newsroom/blog/ableism-101/.
- Disability Statistics, www.disabilitystatistics.org/StatusReports/2018-PDF/ 2018-StatusReport_US.pdf.
- 3. "How Do You Define Invisible Disability?: Invisible Disability Definition." *Invisible Disabilities*® *Association*, 8 Oct. 2019, invisibledisabilities.org/what-is-an-invisible-disability/.