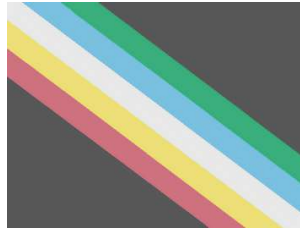




How to Practice Effective Allyship



Source: Respectability.org

Allyship is a practice that requires ongoing work and focus. Below are some suggestions on how you can be an ally to people with a disability.

Awareness

- ❖ Listen up! Acknowledge and respect individual experiences with disabilities.
- ❖ Learn and practice person-first and identity-first language: “A person with a disability,” and “A disabled person.”
- ❖ A service animal (such as a guide dog) cannot be pet or played with when it is working. Such action confuses the animal and potentially endangers the individual the animal is assisting

Attitudes

- ❖ Avoid pity! When we view someone with a disability as inspirational or deserving of pity, we are denying that person their own human agency and individualism.
- ❖ Be aware of common microaggressions and work to eliminate them from your language and actions.
- ❖ Choose media that authentically cast individuals with disabilities.

Action

- ❖ Be knowledgeable about what bias looks like, and be empowered to report it
- ❖ When you’re having a meeting in Zoom, be sure to always enable the captioning.
- ❖ When you’re giving a presentation, and your slides include an image, describe the image so someone who may not be able to see it can understand your point.

Source: <https://ods.rutgers.edu/resources/how-be-ally>

Fighting stigmas, advancing opportunities. Visit <https://www.respectability.org/resources/>

Learn more at DAWN Center for Independent living at <https://dawncil.org/>