

## Think "People First"

Language is a reflection of how people see each other.

*That's why the words we use have the power to hurt.*

**People First language** is sensitive and accurate, helps break down barriers and fosters mutual respect, open lines of communication and acceptance.

Use these guidelines on **People First language**:

Say "a person with a disability" instead of "a disabled person."

Words like "victim, afflicted, crippled, patient, suffering from" communicate disease and sickness, which disabilities are not.

People with disabilities are not super human models of courage or pity.

It should go without saying that obviously derogatory words like "retarded, dumb, lame, and defected" are avoided.

A person with a disability "uses a wheelchair" and is not "confined to a wheelchair." A person's wheelchair is an extension of his or her body and allows greater movement and freedom!

If using the term "normal" is necessary, replace it with "typical."

**BUTLER COUNTY**  
*Board of*  
**DEVELOPMENTAL  
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*Copy two sided and cut on dotted lines*

## Think “People First”

### More examples of “People First” Language:

Use “congenital disability” instead of  
“birth defect.”

Say “uses a wheelchair” instead of  
“wheelchair bound.”

Use “has a disability” instead of  
“handicapped or disabled.”

Use “deaf, or hard of hearing”  
instead of “hearing impaired.”

Use “Down syndrome” instead of  
“Mongol” or “Mongoloid.”

Use “person of small (or short)  
stature” instead of  
“dwarf or midget.”

Use “mental illness” or the specific  
diagnosis instead of “crazy, maniac or  
lunatic.”

Use “man (or woman) with epilepsy”  
instead of “epileptic.”

*Remember that  
language shapes  
attitude!*

For more information, visit our  
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