

# Who am I?



THERE ARE ABOUT 54 MILLION OF US IN AMERICA TODAY WITH A  
DISABILITY.

EVERY ONE OF US DESERVES TO BE TREATED WITH DIGNITY &  
RESPECT.

WHEN AROUND ME EMPHASIZE AND FOCUS ON MY ABILITIES NOT MY  
LIMITATIONS.

AVOID NEGATIVE WORDS THAT IMPLY SOME SORT OF TRAGEDY WHEN  
TALKING WITH ME.

IT'S IMPORTANT TO ELIMINATE PREJUDICIAL LANGUAGE,  
GENERALIZATIONS, AND STEREOTYPES.

FOCUS ON ME AS A "PERSON"... NOT ME WITH A DISABILITY.

WHEN REFERRING TO ME USE "PEOPLE FIRST" LANGUAGE; ME FIRST  
AND MY DISABILITY SECOND.

WHEN SPEAKING, SAY YOU ARE AN "AN ADULT WITH AUTISM" INSTEAD  
OF "THE AUTISTIC ADULT"

TRY NOT TO "DEVALUE" ME. I AM A PERSON. YOU WORK WITH PEOPLE  
FIRST (ME), NOT SOME LABEL.

WHEN I DO SOMETHING CORRECT, TRY NOT TO SAY THAT I SUCCEEDED  
IN SPITE OF MY DISABILITY.

I AM A PERSON FIRST WHO GOES THROUGH EXTRAORDINARY BARRIERS  
TO OVERCOME ORDINARY THINGS YOU PROBABLY TAKE FOR GRANTED  
EVERY DAY.

ON A DAILY BASIS, BE UNDERSTANDING, RESPECTFUL, POSITIVE, AND  
TREAT ME WITH DIGNITY.

DON'T BE FEARFUL, DISRESPECTFUL, AND DEVALUING. USE MY NAME  
WHEN TALKING WITH ME.

I AM A MAN/WOMAN. I AM NOT A STUDENT, NOT A KID, OR A GUY,  
GAL, A SHE/HE, A "HEY YOU."

THIS IS MY ADULT DAY PROGRAM, NOT A SCHOOL, NOT A CLASSROOM.