

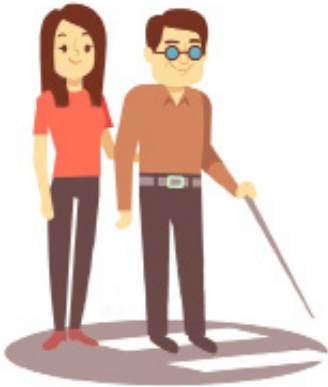
# What is Inclusion?

Inclusion is the understanding that people of all abilities belong within their community and have a right to participate and have their voices heard.

In an inclusive community, all members are valued and respected.



Building an inclusive community starts with YOU. By making small, simple changes you can make a difference in the lives of those around you. To foster inclusion, try using these tips!



## **Don't make assumptions. Listen and learn.**

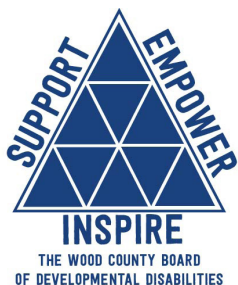
Disabilities come in all different shapes and sizes. Some are physical. Some are intellectual. Don't assume you know someone's disability just by looking at them. The fact of the matter is you don't.

You should treat all people with the same level of respect you want others to treat you with. Be willing to listen and learn. If you're not sure if someone needs help, don't just jump in. Ask first.

## **Don't talk down to others. Speak respectfully.**

Making someone feel welcome can be as simple as using words that show you see them, not just their disability. Learn about people-first language and utilize it.

Presume competence. If you're speaking to an adult with a disability, speak to them like you would any adult. You can always clarify if they ask you to.



## **Build relationships.**

Talk with the people around you. Take the time to get to know their interests and hobbies. You may find that you have way more in common with a person than you thought.

Building relationships will open your world view and give you new perspective.