

14th NOVEMBER – 20th DECEMBER IS DISABILITY HISTORY MONTH!

Disabilities can affect us physically, mentally, and in the way we learn and communicate.

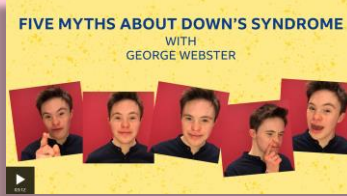
Having a disability does not mean we're 'less than' or that we're 'suffering'. But life can be more challenging at times – so it helps if we feel included, accepted, and understood.



Here are a few ways we can support ourselves and each other...

Let's understand each other more by taking time to learn about different types of disabilities and how they can impact lives. Click the pictures to hear the experiences of children, TV presenters, and TikTok creators whose disabilities include Down's Syndrome, blindness, cerebral palsy, and dyslexia.

1



2

There are still lots of myths and assumptions about disabilities, and the only way to end them is by talking. Some of us find it easier if people know about our disability, while others prefer not to talk about it. Let your friends know that you're happy to talk about their disabilities if they'd like to.

If you have a disability and want your friends to understand more about it, ask them for a chat. **Remember, only share things you feel comfortable with.**

3

Society can make the lives of disabled people more challenging, for example:

- Many buildings don't have wheelchair ramps or lifts
- People face stigma around mental health conditions such as schizophrenia
- Very few websites have easy-read pages for people with learning disabilities

Let's ask ourselves...

- What other inequalities do people face? How would they make me feel?
- Does my school ensure people are not excluded from activities because of their disability? If not, talk to a staff member about your concerns

For more information and support, click [HERE](#) for a list of specialist disability organisations.

If you'd like support with telling your school or college you're disabled, click [HERE](#).