

# TALKING LIKE A HUMAN: THE JOYS OF PEOPLE FIRST LANGUAGE

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A presentation by Shifa Khan





# Today's Discussion

## OUTLINE OF TOPICS

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The cookie method  
Definitions + Examples  
Apply it in life!

What is this?

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**If you said  
the most  
delicious  
cookie  
ever, you'd  
be right.**



**BUT YOU COULD HAVE ALSO  
SAID:**

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A chocolate chip cookie

A flour-sugar-butter mixture

A sometimes-too-sweet cookie

# What is people-first language?



people-first language is a way of speaking and writing that puts the person before their disability or condition

Instead of saying "a disabled person," we say "a person with a disability."



**When using people-first language, it's important to avoid using words that are outdated, offensive, or stigmatizing, such as "retarded" or "handicapped."**

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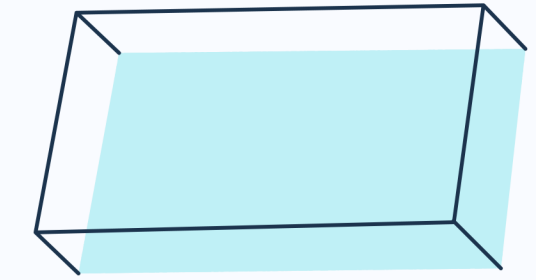
**If you meet someone with a mental health condition, instead of saying "the crazy person," you could say "the person with a mental health condition."**

Using people-first language is a small but powerful way to show respect and understanding toward individuals with disabilities.

Remember, every conversation is an opportunity to empower someone through language!



# What are the benefits?



**PROMOTING UNDERSTANDING  
AND INCLUSION FOR  
INDIVIDUALS WITH  
DISABILITIES.**

**EMPHASIZING THE PERSON'S  
STRENGTHS, ABILITIES, AND  
POTENTIAL, RATHER THAN  
THEIR LIMITATIONS.**

**IT'S RESPECTFUL**

**HELPING TO BREAK DOWN  
STEREOTYPES AND STIGMA  
ASSOCIATED WITH DISABILITY.**

# **Let's rephrase these:**

**"THE HANDICAPPED PARKING  
SPOT IS OVER THERE."**

**"THE DEAF PERSON CAN'T  
HEAR YOU."**

**"SHE'S A DOWN SYNDROME  
GIRL."**

**"HE'S MENTALLY ILL."**



# Something to remember:

WHILE USING PERSON-FIRST LANGUAGE MIGHT BE BEST PRACTICE, SOME PEOPLE MAY HAVE A DIFFERENT PREFERENCE.

THE POINT IS TO BE A KIND HUMAN!

