

# BRIDGE II SPORTS

## Person-First Language

At Bridge II Sports we strive to not only empower people with physical disabilities through sport but also challenge perceptions of disability in the community. We believe strongly that the words we choose and way we talk about people with disabilities can change the culture of awareness. We ask that all stories about BIIS and our athletes adhere to person-first language.

**Person-First Language** aims to avoid perceived and subconscious dehumanization when discussing people with disabilities. **Simply, people are people FIRST and should not be defined or identified by a condition.** A disability is considered a part of a person’s overall self and something that they have, not something that they are. The use of *to have* is favored over *to be*.

Example: **John has a physical disability** vs. John is physically disabled

Person-first language can also be applied to any group that is defined by a condition rather than as a people (ie. Instead of ‘the disabled’ you’d say ‘**people with disabilities**’).

## Examples of Person First Language

Person First Language	Unacceptable Language
People with disabilities	The handicapped or disabled
People with AIDS	AIDS victims/patients
Paul has a cognitive disability (diagnosis)	Paul is mentally retarded
Kate has autism (or a diagnosis of...)	Kate is autistic
Ryan has Down Syndrome (or a diagnosis of...)	Ryan is a Down’s; a Down’s person; mongoloid
Sara has a learning disability (diagnosis)	Sara is learning disabled
Mary is of short stature/a little person	Mary is a dwarf/midget
Bob has a physical disability (diagnosis)	Bob is a quadriplegic/is crippled
Tom has a mental health condition	Tom is emotionally disturbed/mentally ill
Nora uses a wheelchair	Nora is confined to/is wheelchair bound
Steve receives special education services	Steve is in special ed; He’s a special education student
Tonya has a developmental delay	Tonya is developmentally delayed
Children without disabilities or able-bodied	Normal/healthy/typical children
...communicates with her eyes/device/etc.	...is non-verbal
Congenital defect	Birth defect
Brain injury	Brain damage
Accessible parking, hotel room, etc.	Handicapped parking, hotel room, etc.
She needs or uses...	She has problems/special needs