




















# ? How do YOU show Disability Pride ?



By Elizabeth Hassler, Humboldt/Del Norte Client Advocate

☀️ Hello, community! ☀️ I like being in a community together, because it means that we share something important. In the Redwood Coast Regional Center community, we all have disabilities or work to help people who have disabilities, or both! Today, we're going to talk about something I really like a lot. It's called Disability Pride!    What do you like to talk about?

You know how we all are different? Some of us are tall, some are short. Some of us love ice cream  , some love pizza  . Well, just like that, some of us have disabilities. And that's okay!  Can you name some ways we are different or the same? 

Disability Pride means being happy and glad about who we are, even if we're different. It's like saying, "I'm me, and I'm awesome!"   We can be proud of how we handle hard things, too. What's something about you that makes you feel proud? 

People with disabilities are just people, so we have everything else about us, too. Just like we all have different skin colors  , speak different languages  , and have different things that are important to us  , we also have different bodies and minds.   Some of us might use a wheelchair to move around  , some of us might use a cane  , and some of us might wear glasses  . Some of us think fast, and some of us take a little more time. Some of us have lots of different disabilities all together. And that's okay!  How else are we different or the same? ☀️

Our bodies and minds are parts of us. That means they're like us – unique and important! ☀️ They're part of who we are. And for sure, being different can be hard sometimes, but it doesn't make us bad when we go through hard things. Our whole life is what makes us, us!  What's something unique about you that you love? 

We all belong in this big, beautiful world 🌍. Just like a puzzle 🧩, every piece is important. We all fit together to make a wonderful picture. That's called belonging. We all belong, and we all matter. 💖 What's a time when you felt like you belonged? 🏠

People with disabilities belong everywhere! In schools 🏫, in parks 🌳, in movies 🎬, everywhere! Just like everyone else, people with disabilities have a place in every part of life. Belonging wherever we want to be is one way we can talk about how we belong to our families, our communities, and ourselves. 🎉 Where are some places you love to be? 🌳 🏠 🏠

We also need each other. Like when we play a game of soccer ⚽, we can't do it alone. We need our team. That's called interdependence. We all help each other. 🤝 Can you share a time when you helped someone or someone helped you? 🤝

Did you know there's lots of people working together, mostly in big teams, fighting for disability rights? I'd love to know what you think about them. They're kind of like superheroes 🦸 🦹 but in real life, making big changes with their will (wanting to have something and working hard to make it happen), and making our world a place everyone is treated more fairly and kindly. They remind us that being different is not bad. It's important! ✨ Do you know someone who fights for disability rights? What do you want to fight for?

I hope you celebrate our differences with me this month, because having pride in our community gives us power. And let's remember, no matter how our bodies or minds work, we all belong, we're all important, and we're all awesome! 🎉 🤝 🌈 Do you have ideas about how to celebrate? 🎉

Disability Pride is all about saying, "I'm me, I'm proud, and I belong everywhere!" ✨ 🤝 🎉 What do YOU want to say?