

Bullying and diversity through language

A new way of thinking about this issue

Through this paper I clearly identify language as a key area on which we need to concentrate where action and thoughts are reflected. Language can shape although we can be much more precise about language.

This paper advocates for change for all people with a disability

Our abilities are wide, varied and diverse. We bring these abilities into society and into our communities. Diversity is freedom and choice, this strengthens the notion of inclusive communities and societies.

These values should be entrenched within society, where all people living with a disability are encouraged to seize opportunities to achieve their goals and strengthen their talents.

By doing this they are embracing their human qualities, to explore their potential in a much greater way.

Ability through language and terminology (how people see us)

We need to view the word "Disability" with a clear understanding of the values that are taught in Empathy and Ability.

All of us have limitations and all of us have abilities. We need to recognise this through the use of the word "Ability".

The emphasis should be on the word "Ability." The focus should be on the positive rather than the negative.

But it's not just about the word - it's about the idea behind the word - I'm suggesting that we need to think bigger. We need to change the way we think as well as the words we use.

Changing the focus to "Ability" will not only change terminology but also change attitudes.

Our Abilities in a society of diverse abilities

The diversity of people is broad and reaches every area of society. Disabilities can take on many forms, some are visible while many are not.

Disability affects all of us. Some people are born with a disability and others acquire them during their lifetime. A person can have a disability that changes in severity over their lifetime.

Although disability is what we have in common with each other there is a diversity of ages, race, cultural backgrounds, gender and the list goes on.

Inclusive communities and societies are those in which people live harmoniously in a society of diverse Abilities. This is where the focus is on the person's own Ability – not their disability. It is for everyone including people with a disability.

It's not just about acceptance or tolerance but celebrating diversity and difference.

It is through our Ability we can be seen in a society of Abilities as helping and showing other people what **we can do**.

We can show our achievements, share experiences and achieve our potential and share this in a way that is inspirational, and highlights our "Abilities".

In doing so this can inspire and amaze other people with a disability to achieve theirs.

We need to spread this awareness through every area of our lives. And to acknowledge the values of diversity in our society and in our local communities.

Our Ability can be shown in many different ways