

# PEOPLE FIRST LANGUAGE

*Examples to Use and to Share*

Labels NOT to use...	People First Language...
the handicapped or the disabled	people <b>with</b> disabilities
the mentally retarded or he's retarded	person who has an intellectual disability (IDD) or cognitive impairment
my son is autistic	my son <b>has</b> autism
she's a Down's; she's a Mongoloid	she <b>has</b> Down Syndrome
birth defect	<b>has</b> a congenital disability
epileptic	a person <b>with</b> epilepsy
wheelchair bound or confined to a wheelchair	<b>uses</b> a wheelchair or a mobility chair or is a wheelchair user
she is developmentally delayed	she <b>has</b> a developmental disability
he's a cripple; lame	he <b>has</b> an ambulatory dysfunction or is non-mobile
she's a dwarf (or midget)	she <b>has</b> dwarfism or short stature
mute	<b>is</b> nonverbal
is learning disabled	<b>has</b> a learning disability
afflicted with, suffers from, victim of	person who <b>has</b> ...
she's emotionally disturbed; she's crazy	she <b>has</b> a mental illness or emotional disability or is demonstrating behaviors (depends upon context)
normal and/or healthy	a person <b>without</b> a disability
quadriplegic, paraplegic, etc.	he <b>has</b> quadriplegia, paraplegia, etc.
she's in Spec. Ed.	she <b>receives</b> Special Education services or <b>attends</b> inclusive education or life skills classes
handicapped parking	<b>accessible</b> parking