

WHAT IS DISABILITY PRIDE AND WHY IS IT IMPORTANT?

Disability pride recognises the value and status of people with disabilities. We reject shame and pity. Instead we demand the right to be empowered, take up space and be seen (or experienced). We celebrate our identity, our culture, our community and ourselves.



Diversity includes disability

People with disabilities are the largest and most diverse minority. We include people from every community on earth. We have been a part of human diversity since before the dawn of time. We should be recognised like other minorities.



No shame, no apologies

Instead of feeling shame about who we are, we assert pride in our whole selves, in our disabled community and culture, and sometimes our disabilities themselves. We do not apologise for our needs. Rather, we demand that they be met.



Embrace don't erase

When people think of minorities with rights they often just forget us. The pandemic showed how deeply the erasure of disability runs. Disability pride is about fighting against erasure with celebration and affirmation of this section of humanity.



Solidarity not charity

Charity means control and condescension. Charity is giving to those below us. Disability pride is about empowerment and "nothing about us without us". Solidarity is about standing/sitting with those who are our equals but suffer oppression. Although we are not an LGBTQ movement we also stand/sit in solidarity with other pride movements

Valuable not inspirational



We do not celebrate people with disabilities in an objectifying way for the pleasure or motivation of so-called "normal" people. We also do not deny that there are hardships in the disabled life. We assert these are often because society fails in its duty to include us. But no matter how hard our disability is we can still be proud of our community, identity and the people we are, disability included