

Michigan Disability Rights Coalition

With liberty and access for all.

Disability Pride: The Building Blocks

“IT WAS VERY HELPFUL IN
ARTICULATING/ EXPLAINING
THE CONCEPTS OF
DISABILITY PRIDE/ POWER
TO THOSE UNFAMILIAR OR
THOSE WHO MISUNDERSTAND
THE CONCEPT.”

~ TRAINING PARTICIPANT



From Puddles to Pride



PUDDLES TO PRIDE" BY JANICE FIALKA. THE VIDEO CAN BE FOUND AT
[HTTP://WWW.BROADREACHTRAINING.COM/VIDEOS/PUDDLES_PRIDE.HTM](http://www.broadreachtraining.com/videos/puddles_pride.htm) (FIALKA, 2004)

Theresa Metzmaker



Disability Identity and Pride

Four dark purple stars are positioned around the central text box: one in the top-left, one in the top-right, one in the bottom-left, and one in the bottom-right.

DISABILITY IS MORE THAN THE
PHYSICAL, AND/OR MENTAL
EFFECTS ON THE BODY.

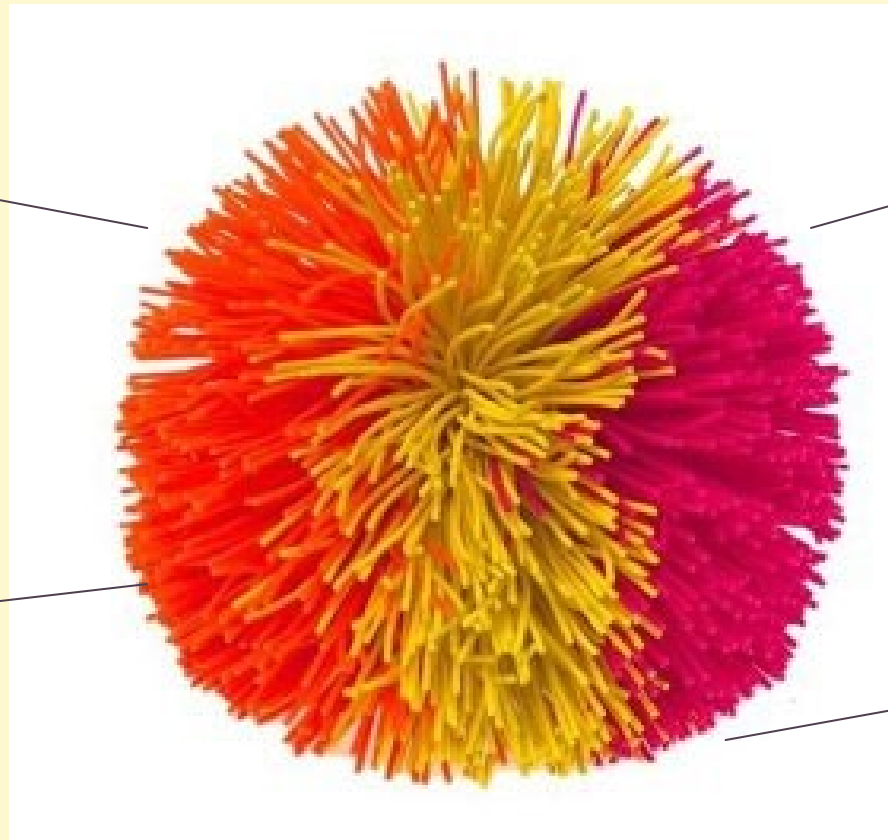
Our Many Identities

WHITE

PARENT

WOMAN

DISABLED





Stacey Milburn

“THERE IS NO REASON FOR US TO FEEL SHAME FOR WHO WE ARE. WE WERE BORN INTO THIS WORLD EXACTLY AS WE ARE. WE ARE WHO WE WERE MEANT TO BE. THAT DOESN'T MEAN WE CAN'T GROW AND CHANGE AND BE BETTER. GROW. CHANGE. BE BETTER.

BUT ALSO KNOW YOU ARE A BEAUTIFUL HUMAN BEING WHO DESERVES LOVE AND TENDERNESS AND CARE AS YOU ARE. YOU DO. WE DO. WE DESERVE TO HAVE OUR BOUNDARIES LISTENED TO. WE DESERVE RESPECT. WE DESERVE DIGNITY. WE DESERVE TO HAVE OUR HUMANITY SEEN. WE DESERVE AN OPPORTUNITY TO CONTRIBUTE TO SOCIETY. WE DESERVE THE ABILITY TO MAKE MISTAKES.....”

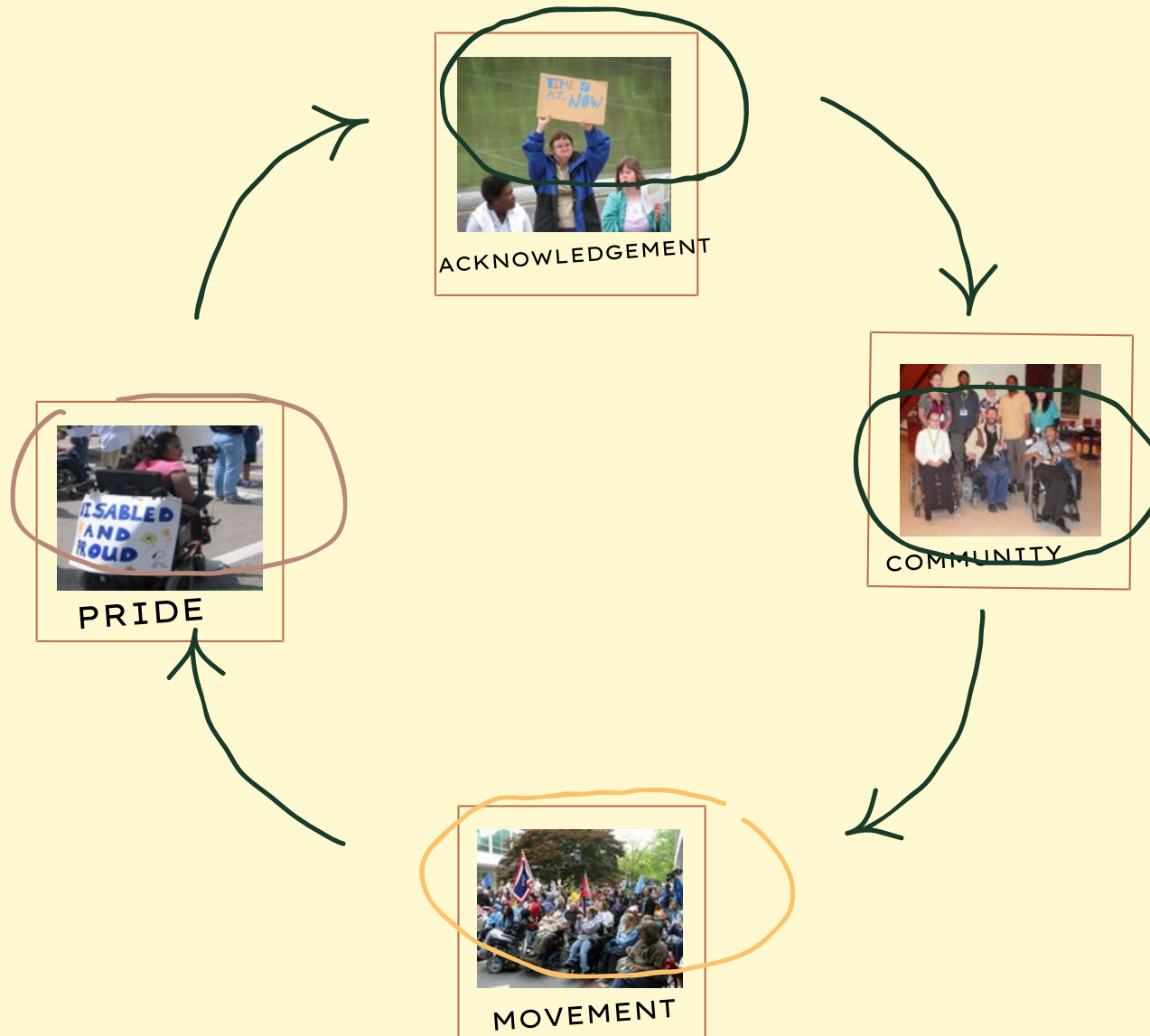
Disability Pride Story



ONE PERSON'S STORY

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=T3X9MJUTHN0](https://www.youtube.com/watch?v=T3X9MJUTHN0)

Cycle of Pride



Cycle of Pride



1

Cycle of Pride

2



ACKNOWLEDGEMENT



COMMUNITY

Cycle of Pride

3



MOVEMENT

Cycle of Pride

4



PRIDE



ACKNOWLEDGEMENT



COMMUNITY



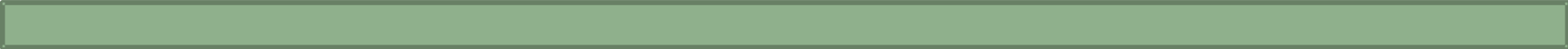
MOVEMENT



Waking Up to the Emotion of

Shame

Based on the work of Dr. Brene Brown and social worker Lisa Laughman

- 
- The intensely painful feeling or experience of believing we are flawed and therefore unworthy of acceptance and belonging.
 - The chronic fear of rejection
 - The warm wash of yuck that takes over

Shame

- I am bad.
- I am a bad person.

Guilt

- I did something bad.
- I made a mistake.




- 
- Appearance and body image
 - Money and work
 - Motherhood/fatherhood
 - Family
 - Parenting
 - Sex

- Mental and physical health including addiction
- Aging
- Religion
- Speaking out
- Surviving Trauma
- Being stereotyped and labeled

-
- How we typically respond when we are shame-triggered:
 - Moving Away
 - Moving Towards
 - Moving Against

We do our very worst parenting when we are shame triggered and not aware that we are shame triggered

- 
- Becoming **less** afraid of shame
 - Acknowledging you (like all people) feel shame sometimes
 - Increasing your ability to be aware when you are “**shame activated**”
 - Learning to interrupt your conditioned “**shame response**”
 - Not responding in your typically unhelpful or self-defeating ways
 - Becoming aware of your “**shame categories**” and doing strengthening work in these areas
 - Recognizing when someone else is trying to shame you and have a “**shame resilient response**”



Shame
• Fear
• Blame
• Disconnection

Empathy
• Courage
• Compassion
• Connection



0***3***6***9***12
Shame Resilience

SHAME

PRIDE



Building Blocks of Pride

The image features a graphic of a brick wall. The bricks are a reddish-brown color. A single brick in the second row from the top, on the right side, is a dark green color and contains the word "Acknowledge" in a bold, reddish-brown font. The wall is composed of four rows of bricks. The first row has one brick on the left. The second row has four bricks, with the rightmost one being dark green. The third and fourth rows each have four bricks. Vertical lines separate the bricks in each row, and horizontal lines separate the rows.

Acknowledge

Building Blocks of Pride

- Acknowledge identity
- Acknowledge losses
- Acknowledge gifts



Building Blocks of Pride



The image features a graphic of a brick wall. The bricks are arranged in a staggered pattern. Most bricks are a reddish-brown color. One brick in the second row from the top is a dark green color and contains the word "Language" in a bold, reddish-brown font. Above the wall, there is a horizontal bar that is green on top and white on the bottom. The title "Building Blocks of Pride" is centered at the top of the page.

Language

Building Blocks of Pride



Building Blocks of Pride

- Retarded
- Handicapped
- Crippled
- Special (needs)

- Person First
- Identity First



- Differently Abled
- Handicapable
- disAbility

Building Blocks of Pride



Acknowledge

Language

History/Culture

Building Blocks of Pride



When clicking on the image above, it changes background colors. The background goes from dynamic shades of purple to blue to green. There is no audio.

Building Blocks of Pride

Language

Acknowledge

Inclusion

History/Culture

Building Blocks of Pride



Building Blocks of Pride

Language

Acknowledge

Practice

Inclusion

History/Culture

Building Blocks of Pride

- Opportunities

“Remember, you weren’t the one, who made you ashamed,
But you are the one, who can make you proud.

Just practice,

Practice until you get proud, and once you are proud,
Keep practicing so you won’t forget.

You get proud
By practicing.”



--Laura Hershey

What's to Gain

- Self-esteem
 - Self-acceptance
 - Shame resilience
- Support System
- Sense of belonging
- Accommodations
- Value of Interdependence
- Life of Honesty

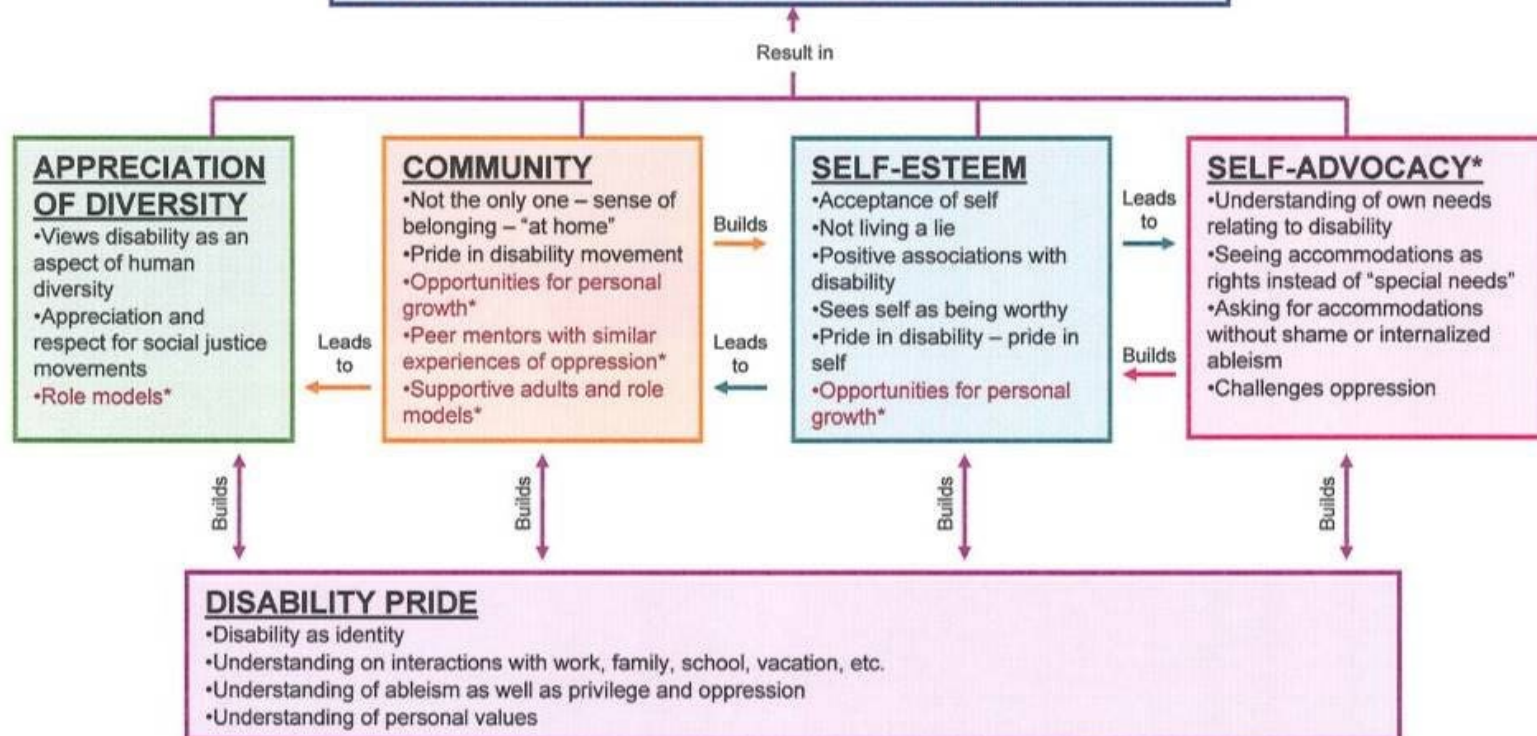
Life Outcomes

Relationship Between Disability Pride and Successful Student Outcomes Post-High School

* Items directly tie to the MiConnections evidence-based Guideposts for Success

QUALITY OF LIFE – SUCCESSFUL STUDENT OUTCOMES

- Believes in self – lives a self-determined life*
- Increased community involvement
- Sets realistic and high goals to strive for*
- Engages in leadership opportunities and sees self as leader*
- Engages in work-based learning experiences and obtains employment



Guides

- Support great expectations (Expect, don't accept)
- Build circles of support to transform the community
 - Engage peers
 - Focus on interdependence
- Break the silence
- Invite support
- Find something you really enjoy doing with your child.
- Provide diverse opportunities & choices.
- Learn about disability history, culture, pride.
- Understand the need to take risks and make mistakes
- Grapple with the shift in parental roles of protector & guide.
- Reflect often --- with self and others
- Remember that education is a life-long process
- Take care of yourself. Laugh often. Find times to be YOU, not just the parent of your child(ren).
- Find the meaning for you. (Make the “mess” into a message.)



Questions

PLEASE COMPLETE THE EVALUATION FOR THIS SESSION

<https://www.surveymonkey.com/r/pconf06>

SCAN THE QR CODE
TO COMPLETE THE
EVALUATION

