WORDS YOU SHOULD LEARN TO BECOME A BETTER ALLY





Microaggressions and ableism are two terms to add to your working vocabulary as you become a better ally.

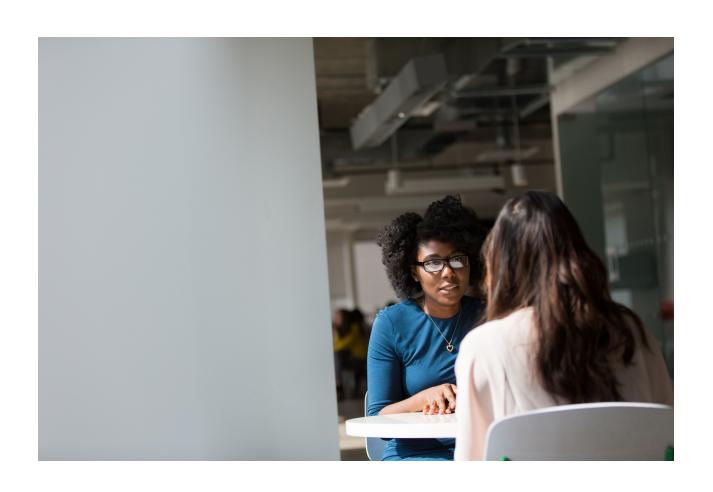
Microaggressions

Microaggressions are behaviors or actions — whether accidental or purposeful — that subtly undermine someone's identity by playing into stereotypes or biases aimed at historically marginalized groups.



How is This Used?

When you tell me I am "so well spoken", its hard not to read that as a microaggression.



Ableism

Ableism is social prejudice against people with disabilities. Ableism and ableist language assumes that a disability is something that needs to be "fixed."



How is This Used?

How is this used: Words like 'stupid,' 'insane,' 'crazy,' 'lame,' or 'dumb,' are ableist and stigmatize marginalized groups.



