**Avoiding ableist slurs in everyday speech**

When you say ‘Stupid/R\*\*\*rded’, you might really mean ‘Frustrating, Confusing,

Silly’

When you say ‘Spaz/Spastic’, you might really mean ‘Dorky, Cheesy, Nonsensical’

When you say ‘Lame’, you might really mean ‘Uncool, Disappointing,

Gross’

When you say ‘Crazy/Insane/Mental’, you might really mean ‘Unreasonable, Absurd

Outrageous’

When you say ‘Psycho/Psychotic/Sociopath’, you might really mean ‘Menacing, Frightening,

Threatening’

**Mental health conditions are *not* adjectives:**

"I'm so OCD"

"They're acting Bipolar"

"Haha sorry I'm like Dyslexic"