

# ADVOCACY

*People First of Toledo Monthly Newsletter*



## People First *of* Toledo

## Disability Pride

*By Quinn Thomas*

July is Disability Pride Month. But what does disability pride even mean? You might think that your disability makes your life worse, or isn't something to be proud of. Disability pride is a movement that challenges that idea. It says that disability is just another type of human diversity, like race or gender or sexuality. It says that we should embrace our diversity and celebrate it, even if it comes with struggles.

There is even a disability pride flag to represent our community with honor.



*The original disability pride flag from 2019*

### UPCOMING EVENTS

#### **DISABLED & PROUD FEST**

July 6, 11:00, at Swan Creek Metropark. Walk with People First in the parade!

#### **AUTISTIC ADULT GAME GROUP**

Every Friday, 7:30, at the Toledo Game Room. Alternating board games and tabletop roleplaying.

#### **SUMMER PICNIC**

July 26, 4:00-7:00, at Courageous Acres.

#### **AUTISTIC ADULT NIGHT**

August 2, 5:30-8:00, at Forestview Lanes. \$10 for bowling and cornhole.

#### **ONE-DAY CONFERENCE**

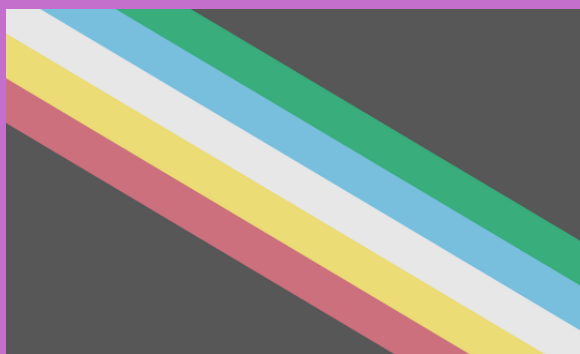
November 8, 9:00-5:15, at the University of Toledo Lancelot Thompson Student Union.



## History

The flag was designed by a self-advocate and writer named Ann Magill. Each color has its own meaning, and the zigzagging lines represent how disabled people are constantly moving around barriers, encountering new ones, and adapting yet again.

However, the zigzags and bright colors were so high-contrast that they triggered some people's vision disabilities. The flag itself was inaccessible, so it was redesigned in 2021 through a community effort.



## Red

The red stripe represents physical disabilities, like cerebral palsy or limb differences.

## Yellow

The yellow stripe represents neurodiversity. This includes disabilities like autism, ADHD, and learning disabilities like dyslexia.

## White

The white stripe represents invisible disabilities. It is for everyone who can't be "clocked" as disabled just by looking at them.

## Blue

Blue is for mental disabilities, also known as mental illnesses. This covers things like bipolar disorder, depression, schizophrenia, and more.

## Green

Green is for sensory disabilities like deafness, blindness, and sensory processing disorder.

## Background

The dark void represents mourning and rebellion, our fight for equality and remembrance for those lost to ableist violence.

## OUR NEXT MEETING

July 18th, 6:00-7:30, virtually on Zoom or in-person at the Holland Library in Community Room B. Meeting dues are \$5 or \$50 for twelve months.

Alexis Eggenberger, the Director of Autism Services at Avenues for Autism, will be presenting on unspoken workplace rules and etiquette.