

# includenyc

*Love, equity, and access for young people with disabilities*

# Exploring Disability as Part of Identity: What It Means to You and Your Child

# **include**nyc

## **WHAT WE DO**

- **LEARNING & SCHOOL**
- **FAMILY SUPPORT SYSTEMS**
- **PARENTING & ADVOCACY**
- **WORKING & ADULT LIFE**
- **FRIENDSHIP & SOCIAL SKILLS**

# include nyc is...

a provider of one-on-one support, training, and practical information to young people with disabilities, their families, and the professionals who work with them.

a family-founded, independent nonprofit

a Parent Center serving NYC children and young people with disabilities, birth through 26, and their families

here to help you make informed decisions

# Icebreaker

- Write:
  - One thing you believe your child identifies as
  - One thing you identify as
- 1 thing you hope to learn from the workshop
- 1 thing you hope to take away from the workshop
- 1 reason why you're at the workshop

# Agenda

- Rules of the Room
- Defining Identity
- Importance of Identity Development
- Identity Wheel Activity
- Identity Ownership
- Identities in the media
- Identity Pride
- How to be a good ally
- Wrap up



# Rules of The Room

- Trigger Warning
- Safe Space
- Respect
- Participation

# Importance of Identity Exploration

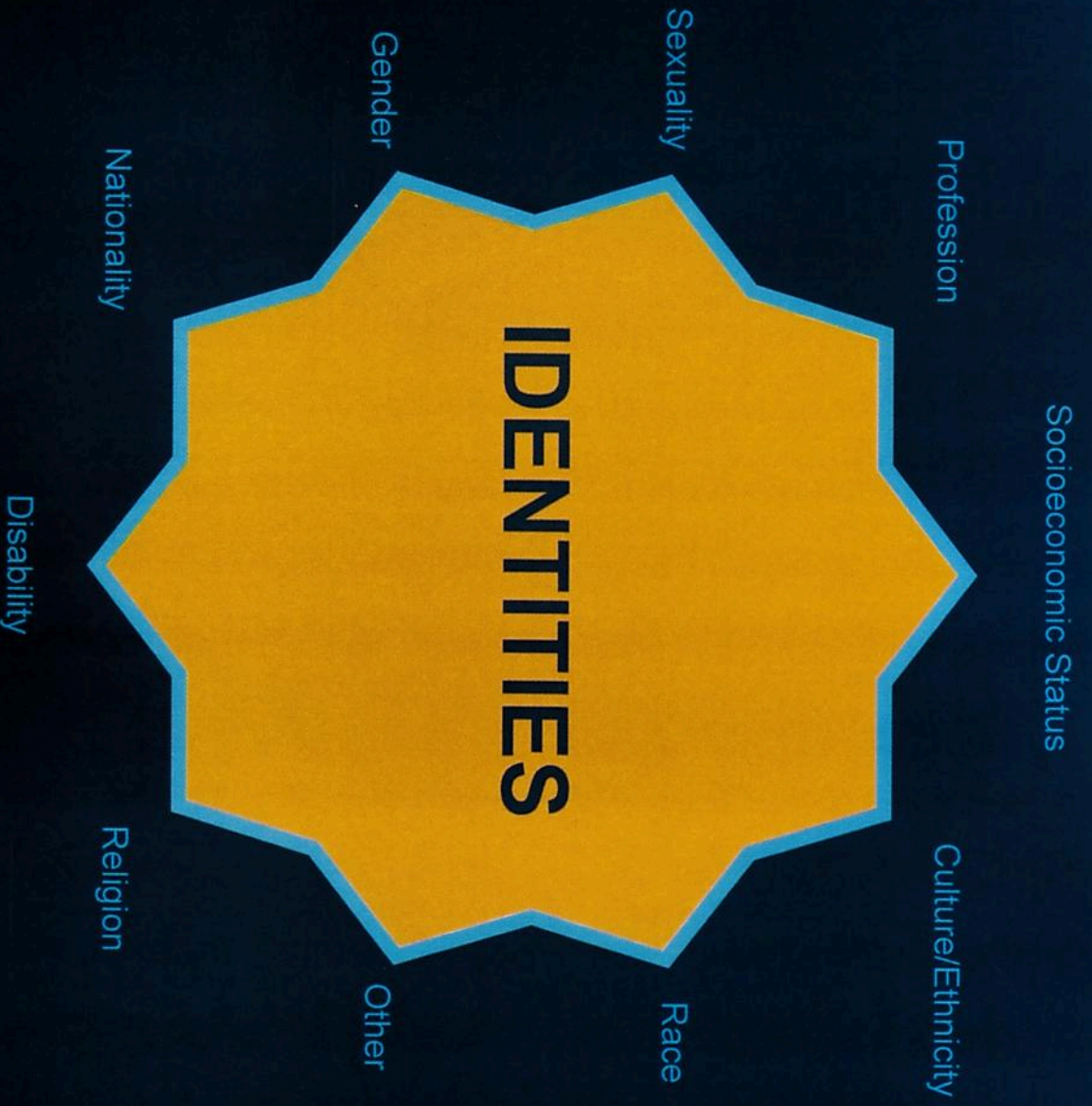
- **Self Management**
  - A youth's ability to make choices, take positive risks and persist through life's challenges.
- **Contribution**
  - A youth's capacity to give energy and time to help their family, community and society.
- **Social Capital**
  - **A youth's positive bonds with people who can provide advice, counsel and access to what they need to succeed**
- **Social Skills**
  - A youth's ability to take others' perspectives into consideration, as well as express caring and empathy.
- **Positive Identity**
  - **A youth's internal sense of positive self-worth and self-efficacy as they explore who they are.**
- **Academic Self-Efficacy**
  - A youth's motivation and confidence in their academic performance.



# What is an identity or what are identities?

- How you define yourself
- The groups you're a part of or identify with
- Your hobbies
- Your values and morals

# IDENTITIES







**JonTron** @JonTronShow · 7m  
"Playstation Now" is the most painfully retarded thing I've seen in a while WTF even

RETWEETS 81 FAVORITES 137



12:08 AM · 3 Aug 2014 Details

Collapse Reply Retweet Favorite More

**Ben Huber** @benhuber · 6m  
@JonTronShow please don't say "retarded" Jon. it's pretty rude. Thanks.  
Expand

**JonTron** @JonTronShow · 5m  
@benhuber I'm sorry I forgot you were retarded. my bad  
Expand Retweeted

**Ben Huber** @benhuber · 4m  
@JonTronShow nah. it's just rude to people who have mental disabilities. That's all! it's just about being nice.  
Expand



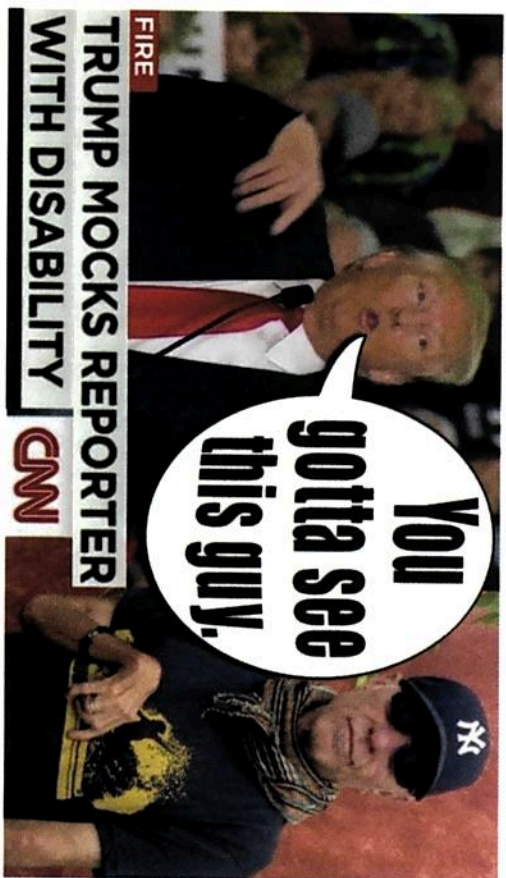
Write a comment...



**The Special Olympics** make no sense. The Olympics are for the best athletes in the entire world to compete against each other to determine who is the best. Having retarded competing is doing the opposite!

Like · Reply · 5 · 18 hrs · Edited  
View previous replies

# include nyc



**Jennifer Lee Rossman** @JenLRossman

Follow

We're disabled, Daniel, we're not werewolves.

**Daniel Lawson** @DanielLaw1998

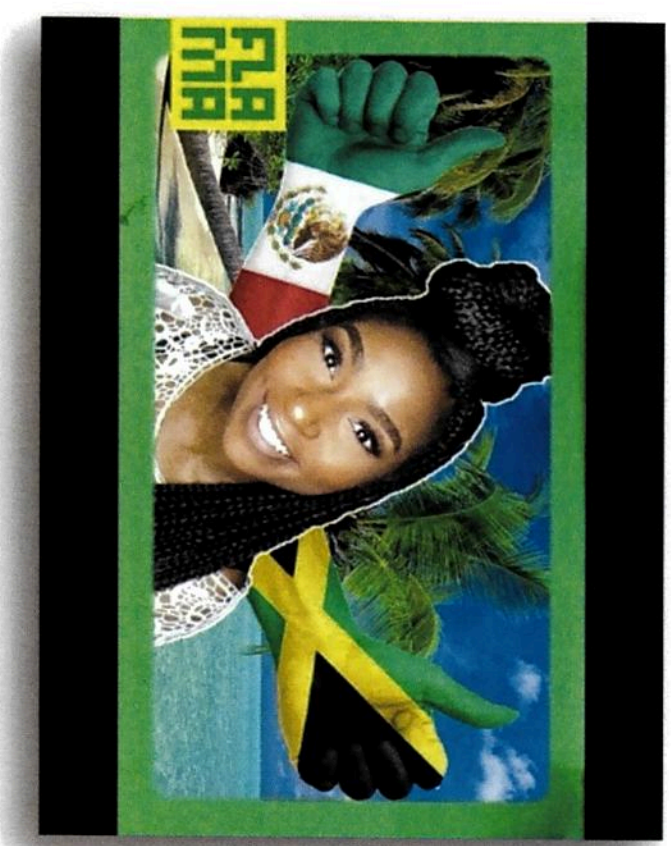
Disabled parking should only be valid during business hours 9 to 5 Monday to Friday.  
I cannot see any reason why people with genuine disabilities would be out beyond these times.

5:44 PM · 25 Apr 2018

27,485 Retweets 103,011 Likes



# Loving Yourself



**includenyc**



# What Is An Ally?

"A person or group that is associated with another or others for some common cause or purpose"

&

"Someone who doesn't have to stand up for someone else, who might even lose something if they do, but they do it anyway because they know it's the right thing to do"

**includenyc**

# How to be an Ally

- Ask questions
  - To engage and to assess
- Provide appropriate support
  - Allow room for growth
- Create action plans
- Confidence and Courage
  - Love yourself
- Identify support systems
  - Adults
  - Organizations
- Recognize how and when your student may be at risk
- Leverage your privilege
  - Know yourself



# Wrap up & Review

1. Reflections: What did we discuss today?
2. Additional Questions?
3. One thing you learned
4. One way you'll use what you learned today

# includenyc

How to reach us:

Alia Roth

[aroth@INCLUDENyc.org](mailto:aroth@INCLUDENyc.org)

Collin Murdock

[cmurdock@INCLUDENyc.org](mailto:cmurdock@INCLUDENyc.org)

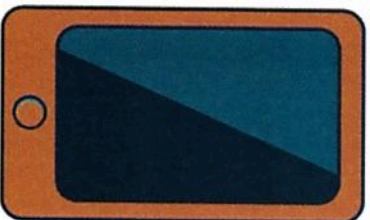
Phone Number:

(212) 677-4650

# include nyc

HELP LINE

*Free 1-on-1 help*



- Learning and School
- Parenting and Advocacy
- Family Support
- Working and Adult Life
- Friendship and Social

**Call: 212.677.4660**

**Text: 646.693.3175**

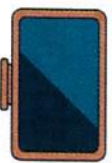
MON – THURS  
9 AM – 3 PM

# include nyc

CONTACT US



212.677.4660



[www.INCLUDEnyc.org](http://www.INCLUDEnyc.org)



[facebook.com/INCLUDEnyc](https://facebook.com/INCLUDEnyc)



[twitter.com/INCLUDEnyc](https://twitter.com/INCLUDEnyc)



[youtube.com/INCLUDEnyc](https://youtube.com/INCLUDEnyc)