

### Etiquette Tips

- Use person first language such as "he has Autism" not "He's Autistic".
- Don't assume if you can't see a disability it doesn't exist. Not all disabilities are visible.
- Ask before assisting someone and wait for their instructions.
- When talking to a person with a sign language interpreter or other support provider, address the person directly.
- Be patient with those who take extra time to communicate. Do not speak for them or assume they have an intellectual disability.
- The person themselves is the best judge of what they can or cannot do. Involve people with disabilities in their academic/life decisions.

For more information or questions contact San Diego Mesa College  
DSPS  
(619) 388-2780 mesadsps@sdccd.edu

### Etiquette Tips

- Use person first language such as "he has Autism" not "He's Autistic".
- Don't assume if you can't see a disability it doesn't exist. Not all disabilities are visible.
- Ask before assisting someone and wait for their instructions.
- When talking to a person with a sign language interpreter or other support provider, address the person directly.
- Be patient with those who take extra time to communicate. Do not speak for them or assume they have an intellectual disability.
- The person themselves is the best judge of what they can or cannot do. Involve people with disabilities in their academic/life decisions.

For more information or questions contact San Diego Mesa College  
DSPS  
(619) 388-2780 mesadsps@sdccd.edu

### Etiquette Tips

- Use person first language such as "he has Autism" not "He's Autistic".
- Don't assume if you can't see a disability it doesn't exist. Not all disabilities are visible.
- Ask before assisting someone and wait for their instructions.
- When talking to a person with a sign language interpreter or other support provider, address the person directly.
- Be patient with those who take extra time to communicate. Do not speak for them or assume they have an intellectual disability.
- The person themselves is the best judge of what they can or cannot do. Involve people with disabilities in their academic/life decisions.

For more information or questions contact San Diego Mesa College  
DSPS  
(619) 388-2780 mesadsps@sdccd.edu

### Etiquette Tips

- Use person first language such as "he has Autism" not "He's Autistic".
- Don't assume if you can't see a disability it doesn't exist. Not all disabilities are visible.
- Ask before assisting someone and wait for their instructions.
- When talking to a person with a sign language interpreter or other support provider, address the person directly.
- Be patient with those who take extra time to communicate. Do not speak for them or assume they have an intellectual disability.
- The person themselves is the best judge of what they can or cannot do. Involve people with disabilities in their academic/life decisions.

For more information or questions contact San Diego Mesa College  
DSPS  
(619) 388-2780 mesadsps@sdccd.edu

## Disability Microaggressions

You are so *inspiring*.  
You, have a disability?  
You look so *normal*.  
You're young, you'll heal.  
ADHD isn't real. You just need to work harder.  
You don't need Proctoring, take your test in class.  
We all have some kind of disability.  
Extended time isn't fair to the other students.  
If you try harder you will overcome your problems.  
He has a mental illness? Is he dangerous?  
What happened to you?  
Avoiding eye contact.  
Let me do that for you.  
I have one of your students.  
Talking around but not to the student.

For more information contact San Diego Mesa College DSPS  
(619) 388-2780 mesadsps@sdccd.edu

## Disability Microaggressions

You are so *inspiring*.  
You, have a disability?  
You look so *normal*.  
You're young, you'll heal.  
ADHD isn't real. You just need to work harder.  
You don't need Proctoring, take your test in class.  
We all have some kind of disability.  
Extended time isn't fair to the other students.  
If you try harder you will overcome your problems.  
He has a mental illness? Is he dangerous?  
What happened to you?  
Avoiding eye contact.  
Let me do that for you.  
I have one of your students.  
Talking around but not to the student.

For more information contact San Diego Mesa College DSPS  
(619) 388-2780 mesadsps@sdccd.edu

## Disability Microaggressions

You are so *inspiring*.  
You, have a disability?  
You look so *normal*.  
You're young, you'll heal.  
ADHD isn't real. You just need to work harder.  
You don't need Proctoring, take your test in class.  
We all have some kind of disability.  
Extended time isn't fair to the other students.  
If you try harder you will overcome your problems.  
He has a mental illness? Is he dangerous?  
What happened to you?  
Avoiding eye contact.  
Let me do that for you.  
I have one of your students.  
Talking around but not to the student.

For more information contact San Diego Mesa College DSPS  
(619) 388-2780 mesadsps@sdccd.edu

## Disability Microaggressions

You are so *inspiring*.  
You, have a disability?  
You look so *normal*.  
You're young, you'll heal.  
ADHD isn't real. You just need to work harder.  
You don't need Proctoring, take your test in class.  
We all have some kind of disability.  
Extended time isn't fair to the other students.  
If you try harder you will overcome your problems.  
He has a mental illness? Is he dangerous?  
What happened to you?  
Avoiding eye contact.  
Let me do that for you.  
I have one of your students.  
Talking around but not to the student.

For more information contact San Diego Mesa College DSPS  
(619) 388-2780 mesadsps@sdccd.edu