

HEALTH AND FAMILY LIFE

Disabilities



A **disability** is a mental or physical condition that prevents the body from working, as it should.

People have different forms of disabilities such as:

1. **Physical disabilities** include: blindness, deafness, speech defects, paralysis (cripple), etc.
2. Emotional disturbances and mental retardation are forms of **mental disabilities**.

A disability is not a disease that can be spread to another person. People who have disabilities want to be treated with respect, care and understanding. They also want to be independent and do as much for themselves as they can. Good citizens see disabilities as opportunities to learn more about people and their challenges.

Ways to show respect for individual differences

- Avoid calling people bad names
- Put yourself in another person's place and think about how they feel
- Apologize if you hurt someone's feelings
- Avoid talking unkindly about someone just because they look or act differently from you
- Encourage others to try their best, regardless of their abilities
- Be fair in dealing with others
- Report acts of bullying or harassment to your teacher or another trusted adult
- Appreciate what is special about yourself and others.
- Don't miss out on having good friends just because other people are different from you.