

Take a Self-Assessment for Using Person First Language

*permission to copy assessment and article given on 5/21/08. "How are your person-first skills?" Vol. 40 No. 5 May/June 2008, Teaching Exceptional Children

Rate yourself according to the following scale. How often do you do the following?

1 = Always 2 = Often 3 = Sometimes 4 = Almost Never 5 = Never

1. Push a person's wheelchair without asking first.
 2. Use the terms *disabled* or *disabled person* rather than *person with a disability*.
 3. Write *disabled* or *disabled person* rather than *person with a disability*.
 4. Use the terms *handicapped*, *person with a handicap*, *handicapped bathroom*, or *handicapped parking*.
 5. Refer to a person who uses a wheel chair as *confined to a wheelchair* or *wheelchair bound*.
 6. Use the term *normal person* versus *person without a disability*.
 7. Use terms such as *victim* (e.g., stroke victim), *stricken with XYZ*, *suffers from XYZ*, *crippled*, or *mute*.
 8. Use the term *birth defect* when referring to a person who has had a disability since birth.
 9. Remain standing when talking to a person who uses a wheelchair.
 10. Ignore a person with a speech delay if you cannot understand what that person is saying.
 11. Use the term *autistic child* or *autistic student*.
 12. Use the term *arthritic* or *cerebral palsied*.
 13. Use the term *paraplegic* or *quadriplegic*.
 14. Use terms such as *retarded* or *idiot*.
 15. Ignore non-person first language when others use it in conversation.
 16. Ignore non-person first language when you read it.
- Total: With your total score, us this informal key to determine your level of expertise regarding person first.

- 0 – 15 = You need improvement.
- 16 – 30 = You're learning!
- 31 – 45 = You're on your way!
- 46 – 60 = You're a conscientious user!
- 61 – 75 = You're an expert!

PERSON FIRST LANGUAGE

To download the article and quiz, go to this website:

<http://personfirstlanguage.weebly.com/>

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