

## [Disability Justice](#) Glossary & Plain Language Translation

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All definitions that are not in quotations are Deanna's original ideas for defining and explaining terms in plain language.

Appropriation: using something that isn't yours to use

Misappropriation: misusing something that isn't yours to use

Disability: "Disability is a word that links people of common overlapping related experiences of oppression based in navigating a world designed and defined by [nondisabled] people. This term has been reclaimed by people whose bodyminds have been medicalized and pathologized, working from an empowered perspective (Skin, Tooth, & Bone, Sins Invalid, Glossary)." "Disability is more than the deficit of diagnosis. It is an aesthetic, a series of intersecting cultures, and a creative force (Alice Sheppard)." "When we think of disability, we include sick, mad/mentally ill, Deaf/Hard of Hearing/DeafBlind, low vision/blind, neurodiverse [or neurodivergent], cognitively or developmentally disabled, or otherwise Chronically Ill people (Leaping Water Consulting)."

Cis: short for cis-gendered which means your gender is the same as the biological gender you were assigned when you were born based on anatomy

Oppression: harm or a way of harming someone, with power and privilege involved; "“when someone is treated badly because of who they are. We define harm as something that injures a person's heart, mind, spirit, or body; offends a person's culture; or threatens someone's sense of safety (defined by Rebel Sidney Black)." "Prolonged cruel or unjust treatment, often based on identity factors including race, immigration status, gender, sexuality, age, class, or ability (Skin, Tooth, & Bone, Sins Invalid, Glossary)."

Systems of oppression: “Forms of discrimination and inequality that are backed by laws and policies and work together to compound negative impacts and make it difficult to fight back against them (Skin, Tooth, & Bone, Sins Invalid, Glossary).”

Colonization: “the action or process of settling among and establishing control over the indigenous people of an area; the action of appropriating a place or domain for one's own use (Oxford Languages).” Colonialism: “The formal process of an organized group or government taking land, resources, medicine, histories, and body- and land-autonomy away from the existing Indigenous peoples (Skin, Tooth, & Bone, Sins Invalid, Glossary).”

White supremacy: “A system built on the belief that whiteness and white people are better than everyone else, and should dominate society. This belief system can show up in both subtle and extreme ways depending on context, and is perpetuated in both our actions and inactions when we don't take time and care to challenge it (Skin, Tooth, & Bone, Sins Invalid, Glossary).”

Ableism: “A system of assigning value to people's bodies and minds based on societally constructed ideas of normalcy, productivity, desirability, intelligence, excellence, and fitness. These constructed ideas are deeply rooted in eugenics, anti-Blackness, misogyny, colonialism, imperialism, and capitalism. This systemic oppression leads to people and society determining people's value based on their culture, age, language, appearance, religion, birth or living place, ‘health/wellness’, and/or their ability to satisfactorily re/produce, ‘excel’ and ‘behave.’ You do not have to be disabled to experience ableism (TL, Gibson, & community 2022).”

Inaccessibility: When someone's access needs are not able to be met. When there's stairs and no ramp. “what a Deaf, Chronically Ill, or Disabled person needs so that they can do or learn the same things as a person without a disability (examples: wheelchair ramp, iPad, checklists, noise-canceling headphones, captions, moving around, taking a break,

eating food, getting support; defined by Rebel Sidney Black).”

Racism: “prejudice, discrimination, or antagonism directed against a person or people on the basis of their membership in a particular racial or ethnic group, typically one that is a minority or marginalized (Oxford Languages).”

Homophobia: “the fear, hatred, discomfort with, or mistrust of people who are lesbian, gay, or bisexual (Planned Parenthood).”

Transphobia: “Transphobia is a collection of ideas and phenomena that encompass a range of negative attitudes, feelings, or actions towards transgender people or transness in general. Transphobia can include fear, aversion, hatred, violence or anger towards people who do not conform to social gender expectations (Wikipedia).”

Intersecting/interlocking (systems of) oppression(s): when there are more than one “ism” or form of discrimination (bad, unequal treatment) present based on someone’s identity

Land back: “LANDBACK is a movement that has existed for generations with a long legacy of organizing and sacrifice to get Indigenous Lands back into Indigenous hands (LandBack.org - which has its manifesto and organizing principles).”

Climate justice: “a concept that addresses the just division, fair sharing, and equitable distribution of the benefits and burdens of climate change and responsibilities to deal with climate change (Wikipedia).” “Communities of color are disproportionately impacted by climate change and pollution (GreenAmerica.org/divided-we-fall/how-environmental-justice-can-work-everyone).”

Reproductive justice: “SisterSong defines [it] as the human right to maintain personal bodily autonomy, have children, not have children, and parent the children we have in safe and sustainable communities. It is a term that links reproductive rights and social justice, coined by Loretta Ross of the SisterSong Women of Color Reproductive Justice Collective (SisterSong.net/reproductive-justice).” Reproductive Justice Is Disability

Justice in ASL by Sins Invalid: [YouTube.com/watch?v=gxezHaP2CU0](https://www.youtube.com/watch?v=gxezHaP2CU0);  
“Reproductive Justice addresses the ways race, gender, class, ability, and sexuality intersect and impact reproductive health and the options available (Skin, Tooth, & Bones, Sins Invalid, Glossary).”

Environmental justice: the fair treatment of people of all races, cultures, and incomes with respect to the development, adoption, implementation, and enforcement of environmental laws, regulations, and policies (Gov. Code, § 65040.12, subd.; [oag.ca.gov](http://oag.ca.gov)).” “a social movement to address the unfair exposure of poor and marginalized communities to harms associated with resource extraction, hazardous waste, and other land uses (Wikipedia).”  
“The struggle to protect the natural world, with specific attention to the perspectives of Black, Brown and Indigenous communities, who often live, work and play closest to the sources of pollution (Skin, Tooth, & Bone, Sins Invalid, Glossary).”

Healing justice: “According to Cara Page ([AstraeaFoundation.org/team/cara-page/](http://AstraeaFoundation.org/team/cara-page/)), [it] is a framework that identifies how we can holistically respond to and intervene on generational trauma and violence to bring collective practices that can impact and transform the consequences of oppression on our bodies, hearts and minds ... we continue to build political and philosophical convergences of healing inside of liberation movements and organizations ... we all deserve to heal on our terms and we confront oppressive systems that get in our way. We honor the trauma and resilience of generations that came before us and use interactive, daily practices that anyone can do. Healing Justice is a reminder to social movements that the concept of action should be expanded to support the self-determination, interdependence, resilience & resistance of those most impacted by oppression. Healing Justice is revolutionary in confronting the capitalist, colonial, individualistic paradigms that tell us we are alone when we seek out healing. – Young Women’s Empowerment Project and the Chicago Healing Justice Learning Circle ([TransformHarm.org/category/healing-justice/](http://TransformHarm.org/category/healing-justice/)).”

Racial justice: justice and fairness for Black, brown, Indigenous, Latinx, Asian, Middle Eastern, Pacific Islander, and other people of color, people of the global majority, non-white people

Animal liberation: the movement for treating animals well and ensuring they are free from harm, abuse, domestication, killing, cruelty, testing, and more

Abolition: the movement or belief that harmful systems should be abolished or done away with (often for prisons, mental health treatments)

Queer: Lesbian, Gay, Bisexual, Pansexual, Asexual, and more; being homosexual (loving or being sexually attracted to people with the same gender as yours if your gender identity now matches what it was assigned at birth for both you and the other person) or otherwise not heterosexual (man and woman); in other words, sexually attracted to, interested in, or loving someone whose gender isn't the opposite of yours when your gender is what it was assigned at birth, or not being interested in or sexually attracted to anyone; "an umbrella term used by people who are lesbian, gay, bisexual, transgender, or other sexual or gender minorities to describe themselves; the term has been reclaimed from people who would use it as an insult against LGBT+ people (Skin, Tooth, & Bone, Sins Invalid, Glossary)."

Gender non-conforming: "Behavior or appearance that does not conform to dominant cultural and social ideas about what is appropriate to a person's gender (Skin, Tooth, & Bone, Sins Invalid, Glossary)."

Trans/transgender: "A person whose gender does not correspond with the sex they were coercively assigned at birth (Skin, Tooth, & Bone, Sins Invalid, Glossary)."

Dismantling: breaking / tearing down

Critical/critique: to evaluate or analyze something; to (or to be in a state of) find(ing) things wrong with something or that you'd like to change

Cliffhanger: in this context, symbolism for a place where something was left off, usually excitingly to make you look forward to the continuation

Movement-building: "Movement building means coming together to advocate for a common cause (defined by Rebel Sidney Black)."

Radical: “Relating to or impacting the fundamental nature of something; getting to the root (Skin, Tooth, & Bone, Sins Invalid, Glossary).”

Rights-based framework: “A system for working on issues that centers around trying to obtain certain rights or guarantees from existing power structures (Skin, Tooth, & Bone, Sins Invalid, Glossary).”

In lieu of: instead of / without

Intersectionality/intersecting/intersections: “Simply put, this principle says that we are many things, and they all impact us. We are not only disabled, we are also each coming from a specific experience of race, class, sexuality, age, religious background, geographical location, immigration status, and more. Depending on context, we all have areas where we experience privilege, as well as areas of oppression. The term “intersectionality” was first introduced by feminist theorist Kimberlé Crenshaw in 1989 to describe the experiences of Black women, who experience both racism and sexism in specific ways. We gratefully embrace the nuance that this principle brings to our lived experiences, and the ways it shapes the perspectives we offer (Sins Invalid, [TinyUrl.com/10DJPrinciples](http://TinyUrl.com/10DJPrinciples)).”

Disability Rights Movement: “a global social movement that seeks to secure equal opportunities and equal rights for all disabled people (Wikipedia).”

Centered: focused on

White privilege: the way that life is easier for white people in history and now due to racism, colonization, colorism, and other oppressions

Privilege: “When a person benefits from systemic power. Privilege does not mean a person has never had anything bad happen to them. It means that their culture, food, language, history, hairstyles, gender, sexuality, and more are considered ‘normal.’ It means that there has only been 1 Black president in the history of the USA (defined by Rebel Sidney Black).”

“Special rights and advantages available only to certain people or groups (Skin, Tooth, & Bone, Sins Invalid, Glossary).”

Platformed: given attention and an audience, popular and listened to, noticed

Mobility impairments: “Variations in ability to walk, move, or navigate spaces physically. People with mobility impairments may use assistive devices including wheelchairs, prosthetics, canes, walkers, transfer benches and lifts (Skin, Tooth, & Bone, Sins Invalid, Glossary).”

Exclusively: only

Targeted: “marginalized / pushed to the sized / tokenized / uncomfortably centered (defined by Rebel Sidney Black).”

Framework: “The supporting structure for a building or object; can also refer to the structure used to create an idea (Skin, Tooth, & Bone, Sins Invalid, Glossary).”

Power: “(systemic) power is when a person’s ... identity group as a whole has access to and influence over institutions and the way things are structured to be seen as normal. Examples: Worldviews, Culture, Education, Healthcare, Housing, Mortgages, Military, Immigration, Affirmative Action, etc. Our society has been made for people who have systemic power: First, these were white land owning men only, then gradually other groups were assimilated into whiteness. Today, many groups are still excluded, such as Black, Indigenous, Multiracial, and other People of Color (defined by Rebel Sidney Black).”

Uncontended: not wrestled with / not thought through / uncritically or passively accepted

Simultaneously invisibilized: at the same time “Having been made invisible; having erased the voices, perspectives, and contributions of certain people (Skin, Tooth, & Bone, Sins Invalid, Glossary).”

Marginalized: excluded from society and put at disadvantages, discriminated against / treated differently and poorly; “A person or group

who is treated as unimportant or outside the range of normal perspective or experience (Skin, Tooth, & Bone, Sins Invalid, Glossary).”

Incarcerated or institutionalized: in jail or a psychiatric hospital against their will / not by their own decision; “Imprisoned or confined, whether in jails, prisons, detention centers, ICE facilities, mental hospitals or nursing homes (Skin, Tooth, & Bone, Sins Invalid, Glossary).”

Normalcy: how much you are thought of as normal, average, typical and not different / unique

Productivity: how much you are able to get done, often requiring focus

Desirability: how much you are desired or wanted and valued

Intelligence: how “smart” you are, historically tested, assessed, and measured in biased ways against Black people

Excellence: how “good” you are

Fitness: how athletic you are, or how well you fit in and can survive

Constructed: created; “A social construct is a concept that exists not in objective reality, but as a result of human interaction. It exists because humans agree that it exists (VeryWellMind.com/definition-of-social-construct-1448922).”

Deeply rooted: based in / inspired by / a product of / originated from

Eugenics: the systematic preventing, killing, and dying off of disabled and other people deemed unworthy of life, e.g., choosing to have an abortion based on a pregnancy screening showing Down Syndrome; “the study of how to arrange reproduction within a human population to increase the occurrence of heritable characteristics regarded as desirable. Developed largely by Sir Francis Galton as a method of improving the human race, eugenics was increasingly discredited as unscientific and racially biased during the 20th century, especially after the adoption of its doctrines by the

Nazis in order to justify their treatment of Jews, disabled people, and other minority groups (Oxford Languages).” “The practice of controlling a population by deciding who is born, who is able to have kids, who is given healthcare, and who is allowed or encouraged to die, in order to create a specific ‘desirable’ population. Eugenics can include genetic engineering, forced sterilization and birth control, assisted suicide, and other mechanisms through which people in power get to decide who is worth existing (Skin, Tooth, & Bone, Sins Invalid, Glossary).”

Anti-Blackness: against Black people, thought, and culture; often referring to a specific type of racism

Misogyny: “dislike of or prejudice against women (Oxford Languages).”

Imperialism: “a policy of extending a country's power and influence through diplomacy or military force (Oxford Languages).” “A policy or practice of extending the power of a nation over other lands and peoples, through colonization or by gaining control over the political or economic life of another area; the extension or imposition of power, authority or influence (Skin, Tooth, & Bone, Sins Invalid, Glossary).”

Capitalism: “An economic system in which certain people or companies own the majority of the wealth and resources, and are able to make decisions that impact those who need money, food, shelter, etc. In capitalism, the world is divided into two categories: those who have things/ those who want things; those who sell things/ those who buy things. One common feature of capitalism is a high level of competition; the idea that there isn't enough to go around and that you have to fight to get what you need, by being better/faster/smarter/stronger than other people (Skin, Tooth, & Bone, Sins Invalid, Glossary).”

Determine/determination/determining: choose/choice/choosing or decide/decision/deciding

Appearance: how you look

"Health/wellness": a critique on being healthy, which is often ableist

because it is thought of as (being a good thing, and) the opposite of being disabled (often thought of as a bad thing to be)

Satisfactorily re/produce: creating well (producing) and have children (reproducing)

"Excel": a critique of doing well or being successful, passing the average person in a goal, social standards for what it looks like to do well

"Behave": a critique on how you act, like doing a "good job"

Inextricably linked: connected in a way that cannot be separated

Impacted: in this context, affected by oppression and harm, being targeted by racism, ableism, and other "ism"s or oppressions

Organizing: advocating and being an activist

Wholeness: being a full person and being enough as you are no matter what; "Each person is full of history and life experience. Each person has an internal experience composed of our own thoughts, sensations, emotions, sexual fantasies, perceptions, and quirks. Disabled people are whole people (Sins Invalid, [TinyUrl.com/10DJPrinciples](https://TinyUrl.com/10DJPrinciples))."

Sustainability: "We learn to pace ourselves, individually and collectively, to be sustained long-term. We value the teachings of our bodies and experiences, and use them as a critical guide and reference point to help us move away from urgency and into a deep, slow, transformative, unstoppable wave of justice and liberation (Sins Invalid, [TinyUrl.com/10DJPrinciples](https://TinyUrl.com/10DJPrinciples))."

Solidarity: "Unity and mutual support amongst those who have common interests (Skin, Tooth, & Bone, Sins Invalid, Glossary)."

Interdependence: "Before the massive colonial project of Western European expansion, we understood the nature of interdependence within our communities. We see the liberation of all living systems and the land as integral to the liberation of our own communities, as we all share one

planet. We work to meet each other's needs as we build toward liberation, without always reaching for state solutions which inevitably extend state control further into our lives (Sins Invalid, [TinyUrl.com/10DJPrinciples](https://tinyurl.com/10DJPrinciples))."

Collective: everyone's put together

Liberation: freedom / being liberated is being free

BIPOC: Black, Indigenous, and other People of Color

Indigenous: "Being of, arising from, or having ancestors who have always lived in a specific place; native (Skin, Tooth, & Bone, Sins Invalid, Glossary)."

The academy: colleges and universities; academia; higher education study

Crips: reclaimed slang referring to (often only used among) Disabled people

Resistance: pushing back against something

Community: a group of people, either with similarities like the same social identity or interests, or the same neighborhood or local geographic location

Immigrants: people who have moved away from where they were born, usually in referring to people moving to another country

Psychiatric survivor: "People who have either willingly or nonconsensually been committed to mental hospitals, been medicated for mental health reasons, or experienced other types of psychiatric intervention (Skin, Tooth, & Bone, Sins Invalid, Glossary)." "The psychiatric user/survivor movement evolved out of the larger mental patient's liberation movement and emphasized its strong opposition to human rights violations ... [and they often believe their] treatment was more harmful than helpful ([MadInAmerica.com/2021/09/mad-activists-langauge/](https://MadInAmerica.com/2021/09/mad-activists-langauge/))."

Neurodivergent: "variations [from what is considered "typical"] in the human brain and cognition, for instance in sociability, learning, attention, mood and other mental functions (Wikipedia)." "Neurodiversity is a viewpoint that

brain differences are normal, rather than deficits. Neurodivergent people experience, interact with, and interpret the world in unique ways. This concept can help reduce stigma around learning and thinking differences (understood.org/en/articles/neurodiversity-what-you-need-to-know).”

Mad: mentally ill, a reference to the Mad Pride movement dealing with issues like forced treatment and medication or stigma, and reclamation and undermining of the negative use of “mad” which is another version of “crazy”, “Mad Pride is a mass movement of the users of mental health services, former users, and the aligned, which advocates that individuals with mental illness should be proud of their 'mad' identity (Wikipedia).”

Non-binary: “In the context of gender, non-binary describes the experience of not being confined to a choice between two opposite (binary) genders (Skin, Tooth, & Bone, Sins Invalid, Glossary).”

Trouble-shoot: problem solving or fixing with trial and error

Gender and queer justice: justice for queer people, justice for people who are not cisgender men

Transformative justice: “a series of practices and philosophies designed to create change in social systems. Mostly, they are alternatives to criminal justice in cases of interpersonal violence, or are used for dealing with socioeconomic issues in societies transitioning away from conflict or repression (Wikipedia).” “a political framework and approach for responding to violence, harm and abuse. At its most basic, it seeks to respond to violence without creating more violence and/or engaging in harm reduction to lessen the violence. TJ can be thought of as a way of ‘making things right,’ getting in ‘right relation,’ or creating justice together. Transformative justice responses and interventions 1) do not rely on the state (e.g. police, prisons, the criminal legal system, I.C.E., foster care system (though some TJ responses do rely on or incorporate social services like counseling); 2) do not reinforce or perpetuate violence such as oppressive norms or vigilantism; and most importantly, 3) actively cultivate the things we know prevent violence such as healing, accountability, resilience, and safety for all involved (Mia Mingus,

TransformHarm.org/transformativ-justice-a-brief-description/).” “A strategy for responding to conflict without involving the criminal justice system. Transformative justice looks for root causes of social problems and seeks to address those rather than relying on punishment to control populations (Skin, Tooth, & Bone, Sins Invalid, Glossary).”

Restorative justice: “an approach to justice where one of the responses to a crime is to organize a meeting between the victim and the offender, sometimes with representatives of the wider community (Wikipedia).”

Language justice: “In a legal context, language justice is a commitment to ensuring individuals marginalized based on their national origin, ethnic identification, and language are not denied equal access to services, remedies, and justice overall (AmericanBar.org/groups/young\_lawyers/projects/disaster-legal-services/language-justice-during-covid-19/).” Language Justice Is Disability Justice in ASL by Sins Invalid: YouTube.com/watch?v=JTDLjQo6R5o

Animal justice: movement for animal rights and freedom from cruelty

Fat justice: movement for justice for fat folks, including fat acceptance and fat liberation; fighting against “the oppression of fat bodies and fat people through medical, social, governmental and economic systems (Skin, Tooth, & Bone, Sins Invalid, Glossary).”

Health justice: “more than just creating health equity, it’s recognizing the barriers that stand in the way of access to healthcare and working to remove them. To identify these barriers, we study social determinants of health, or SDOH, which are non-medical factors that influence health. Things like economic status, housing, transportation, and education all have an impact on a person’s ability to access healthcare, purchase healthy foods, and care for oneself (HeyJane.co/articles/what-is-health-justice).”

Liberation: freedom

Medical gaslighting: dismissal and criticism of a patient’s symptoms by medical providers

Wisdom: knowledge usually acquired over time or with lived experience

Resilience / perseverance: not giving up, to keep going

Trauma-informed: “having a basic understanding of trauma and its impact, and how it contributes to interactions between people, and accommodating people based on their trauma (William Rain-Shadid)”

Macro-level: large-scale problems, systems of oppression, big picture issues impacting many people, not on an individual and group level

Conservatorships: being legally under someone’s control and responsibility, like a child would be under their legal guardian(s) until the age of 18

Ostracized: discriminated against, usually on the basis of an identity, treated poorly, left out

Isolated: left alone or separate for a long time, often not by choice

Rejected: not chosen or accepted

Stigma: bad reputation based on negative social attitudes resulting in negative consequences surrounding an issue, topic, or identity

Entitled: in this context, being deserving of something unconditionally or inherently

Self-determination: the ability to make choices for oneself; idea you can set goals and control your own future; part of the independent living movement

Radical love: Radical love to me means acceptance of ourselves and each other genuinely and fully as we are. Fromm (2000) defines radical love as “the combination of respect, responsibility, knowledge and care.”

Consultation: “picking someone’s brain” so-to-speak (usually experts) on something they are familiar with and passionate about

Initiatives: focused projects

Cross-movement organizing: “Disability justice can only grow into its potential as a movement by aligning itself with racial justice, reproductive justice, queer and trans liberation, prison abolition, environmental justice, anti-police terror, Deaf activism, fat liberation, and other movements working for justice and liberation. This means challenging white disability communities around racism and challenging other movements to confront ableism. Through cross-movement solidarity, we create a united front (Sins Invalid, [TinyUrl.com/10DJPrinciples](https://TinyUrl.com/10DJPrinciples)).”

Collective liberation: “We move together as people with mixed abilities, multiracial, multi-gendered, mixed class, across the sexual spectrum, with a vision that leaves no bodymind behind (Sins Invalid, [TinyUrl.com/10DJPrinciples](https://TinyUrl.com/10DJPrinciples)).”

Abortion: a legal and safe way to end a pregnancy (Planned Parenthood)

Bodymind: “The relationship between the human body and mind as a single integrated entity. This term is used instead of saying “body and mind” to affirm the reality that our minds and bodies cannot be separated (Skin, Tooth, & Bone, Sins Invalid, Glossary).”

Equity: “Giving everyone what they need in order to have equal opportunities. This might mean some people are given more than others in certain situations, in order to make things more fair (Skin, Tooth, & Bone, Sins Invalid, Glossary).”