

you're so  
brave!






# Language MATTERS

Because words shape how  
we see each other


## Conversation starter...

- What would you think if someone told you, 'you're so brave' when you were doing something really ordinary like shopping or socialising?
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Continue the conversation at  
[www.ccsDisabilityAction.org.nz/language matters](http://www.ccsDisabilityAction.org.nz/language matters)



## Think about...

- Disabled people are often told they are 'brave' for doing ordinary, everyday things.
  - However, brave means being 'ready to face and endure danger or pain; showing courage'.
  - Sometimes disabled people **are** brave if they face discrimination, endanger their life to save someone else or go bungy jumping! But, doing everyday things just doesn't fit the description.
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## Next time...

- Remember that disabled people are ordinary people who do ordinary, everyday things.
- Think about how you would respond if, or when, you were told you are brave for doing something incredibly ordinary.



**CCS**  
**disability action**  
Including all people