

Marissa Howdershelt's

ADVOCACY

KEY TERMS

It's important to meet people where they're at. Below is a short list of words that I will use throughout today's presentation.

RADICAL SELF CARE: "Embracing practices that keep us physically and [mentally] healthy...taking time to reflect on what matters to us, challenging ourselves to grow, and checking ourselves to ensure that what we are doing aligns with what matters to us" (Nicol and Yee 134).

ALLY: Someone of the "dominant group" who actively works to end oppression by advocating and supporting the oppressed population

DISABILITY JUSTICE: "Disability justice recognizes the intersecting legacies of white supremacy, colonial capitalism, gendered oppression and ableism in understanding how people's' bodies and minds are labelled 'deviant', 'unproductive', 'disposable' and/or 'invalid'"
-Project Lets

INTERSECTIONALITY: "the complex, cumulative way in which the effects of multiple forms of discrimination (such as racism, sexism, and classism) combine, overlap, or intersect especially in the experiences of marginalized individuals or group" -Kimberlee Crenshaw, 1989

**Formal citations can be found at the end of powerpoint presentation.