



# Covid-nineTEEN's

## Hints and tips to help decision makers Myth Bust Disabilities - with young people!

This podcast is about Myth Busting Disabilities with young people. We partnered up with The Chatterboxes, a youth group in Dorset who are led by young people with disabilities. This podcast looked into the difficult questions, advice, hints and tips on what we can all do to make our post Covid-nineTEENs world more accessible and inclusive for everyone....

### Working with us

1 in 5 employers say they would be less likely to employ a disabled person\*. Young people want to work and help organisations thrive. Don't be scared, work with us! We have value, different strengths and skills to offer. Talk to Chatterbox members for advice.

### Championing individuality

What frustrates us are people who make up their mind about us when they hear the word "disabled". Take the time and educate yourself on what that actually means. Work with us and help us celebrate how awesome we ALL are!

### What we want adults to know

- **Jobs** - we have skills and strengths. Give us a fair chance.
- **Having a disability** - doesn't make us disabled. Value everyone's individuality and creativity.
- **Experts** - our lived experiences and perceptions of your service should be listened to, heard and valued. Ask us for help to design, deliver and evaluate what you are doing, so we can make things better for everyone!

### Experts by Experience

You wouldn't sell a car without test driving it first! Who do you want to test drive it? The people who will buy it! The same rule applies when testing any service young people access. Young people with disabilities access lots of different services for young people, NOT just disability services. When designing consultation, engagement and feedback processes, include and involve us!

### Being the "token"

We love working and volunteering! However, some people "hire us" as the token disabled person. They roll us out for marketing and publicity purposes. This isn't ok! If you aren't sure about our skills and strengths, ask us!

### Saying the wrong thing

We have all done it! The worst thing to do is to move on and not acknowledge it. Apologise sincerely, make sure we have heard your apology and ask us about the impact it has on us. That way, you will understand and not make the same mistake again!

### Key Takeaways!

Finally, if you are some numbers to help you explore these topics further...

**The Chatterboxes** - [ymcabournemouth.org.uk/youth/the-chatterboxes-disability-action-group/](https://ymcabournemouth.org.uk/youth/the-chatterboxes-disability-action-group/)

**Papworth Trust** - [papworthtrust.org.uk/](https://papworthtrust.org.uk/)

**Youth Proof Training** - <https://participationpeople.com/training/>

\*Papworth Trust - disability facts and figures 2018 <https://www.papworthtrust.org.uk/about-us/publications/>