



Episode 7: Getting Active: What did we learn from the Experts?

Start talking! Bring up these conversations with your friends, with your family, with people you don't know! Talk about it on social media?? Tag @disarmingdisability. Happy thinking, and thank you for creating a more inclusive society.

1. What does activism mean to you?
2. What is a change you feel needs to be made in your community?
3. What are different ways to engage in activism?
4. What way speaks most to you?
5. Who are the leaders or friends you can connect with to help support and gain access to resources to create change?
6. What are your actual action steps to create change? When are you going to do them? When will you follow up?