



## **Season 1 Episode 10: Discussion Questions** **How can we be an ally: Intellectual Disability**

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.

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1. How can you create space to hear the needs of someone with a disability (even from disability different than your own?)
2. Reflect on a relationship where you were helping someone, what did that relationship look like? Was it mutually beneficial?
3. Reflect on a time where you went to someone for help? Was it effective? Did you feel heard?
4. What are ways you can be an ally? Both as an ally for people with disabilities, people with in your own disability community, and those with disabilities different then your own?