



## **Episode 2: Getting Active: The Ruderman Foundation Discussion Questions**

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 changes do you wish happen in your community, from local communities to large societal communities?
2. Jay brings this idea of “stick and carrot” approach to change making. Thinking of this change you want made, what is the “stick” data? The data showing what the community is doing in error?
3. How do you find this data? Who can you connect with to collect this data?
4. What is the “carrot” data, or the data that shows the benefits of making this change? Where do you find this data? Who can you connect with to collect this data?
5. How can you present this “stick” and “carrot” data to community leaders?
6. What actions can you take to make these changes happen? Examples: Post on social medias, connect with others who want these same changes, write, sing, create art, build tables and charts and worksheets.