

DASH Useful Definitions

Social Model of Disability

The social model of disability says that people are disabled by barriers in society and not by their impairment or difference. Barriers can be physical, or they can be caused by people's attitudes and prejudice.

Using the social model helps to recognise these barriers. By removing these barriers, we can create more equality and equity for disabled people.

Learn more about the Social Model in this short film available on the Shape Arts website: [Social Model of Disability - YouTube](#)

Neurologies

Neurologies are the diverse ways that people think and the ways they experience and understand the world.

Neuroaffirming

Different neurologies can be unfairly, or wrongly considered a problem. For example, autism, ADHD or dyslexia.

Neuroaffirming means that all neurologies are seen to be of equal value.

Psychological safe space

A psychological safe space is a place where you feel comfortable to share your ideas, concerns and to make mistakes. You feel safe to be honest and speak truthfully without a fear of punishment, rejection, being mocked, or judged.

Intersectionality

Intersectionality refers to the overlap of social identities. Usually these are protected characteristics, (protected in law) such as race, gender, disability, class, and sexuality. Discrimination experienced by a person is increased when they have more than one protected characteristic.

Intersectional critical thinking

Intersectional critical thinking is the understanding that the various social identities of a person will result in different experiences of discrimination. An intersectional approach to critical thinking will present a wider range of opinions and understanding of different situations.

Critical Thinking

Critical thinking is the ability to analyse information and form a judgment. To think critically, you must be aware of your own prejudices and assumptions.

Protected Characteristics

There are nine protected characteristics.

- age
- disability
- gender reassignment
- marriage and civil partnership
- pregnancy and maternity
- race
- religion or belief
- sex
- sexual orientation

It is against the law to discriminate against someone because of a protected characteristic.

Systems Change work

Systems change is about changing how our society is structured.

We believe that barriers, prejudice, and exclusion by society is disabling.

By understanding the systems we are part of; our partners and networks will be more successful in challenging them to create a fairer world.

Net Zero

Net zero means no longer adding to the total amount of greenhouse gases in the atmosphere. Greenhouse gases include carbon dioxide (CO₂) and methane.

These gases increase global temperatures by trapping extra energy in the Earth's atmosphere.

Access Requirements

Access requirements are the adjustments or changes needed to remove or reduce a disadvantage related to a person's impairment.

For example, BSL, audio description, clear directions, quiet space, regular breaks.