

Inclusion

Here at the Stigma-Free Society, we include both "Diverse-Ability" and "Disability" as each individual may prefer to use different words to describe themselves.

We are often taught that being different or having diverse-abilities/disabilities is negative. Imagine a world where this wasn't the case, and we appreciated and even celebrated others' differences all the time. Living Stigma-Free means living with understanding, awareness and acceptance. When we understand others' differences, we become aware that we are all different and bring unique gifts to the world. This leads to us accepting others as they are and not making assumptions about who they are before getting to know them.

You can be inclusive and Stigma-Free, starting at school and in your social life. First let's learn about what inclusion is and why it is important.

What is Inclusion?

Inclusion means that everyone is given the opportunity to participate and feels like they belong, no matter their gender, ethnicity, sexual orientation, age, diverse-abilities/disabilities or religion in any place or in any social group.

What Does Inclusion Look Like at School?



Why is Inclusion So Important, Anyway?

Every human, no matter their differences, has 5 basic needs. One of them is belonging. To keep our mental health strong and to ensure our wellness, we all need to feel we are included and loved. That means that to take care of our mental health and the mental health of others, we need to practice inclusivity every single day.

*This resource has been reviewed and is supported by Erika Cedillo, PhD, from [Inclusion BC](#).

