Crazy
Psycho
Tard

Downsy
Schizo
Derp

Special Ed

You're being oversensitive + You know what I mean + I'm not ableist, but... + Don't make a big deal out of it + It's such a small thing, why worry? + Just drop it + You're reading way too much into this + You're blowing this way out of proportion + You're making a molehill out of a little bit of a molehill + Nobody likes the language police + I didn't mean it that way + You're oversensitive + You know what I mean + I'm not ableist, but... + Don't make a big deal out of it + It's such a small thing, why worry? + Just drop it + You're reading way too much into this + You're blowing this way out of proportion.
Impact of these Words

These words are often used to describe someone with mental disabilities as inferior or deficient and supports stereotypical beliefs that individuals with disabilities should be viewed as abnormal, substandard, and defective.

Alternatives to this Phrase

If we are not conscious of the impact that our words carry, we may inadvertently use the power of our voice to oppress and degrade others. Here are some alternative phrases/words that can be used to transform how we understand and relate with each other through our daily interactions:

- Person living with a mental health condition
- Unpredictable or erratic (instead of “schizo”)
- That’s ridiculous (instead of “that’s so crazy”)
- Person with a learning or cognitive disability

Whether or not we understand the power of our words, we still use them...

so what kind of impact do you want to make?

For more information, visit our website:

https://www.macalester.edu/morethanwords