that's so...

RETARDED
**Impact of this Phrase**

This phrase is used to describe something 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:

- Ridiculous
- Improper
- Out of order/place/line
- Broken
- Shady
- Messed up

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