

July is Disability Pride Month



How did Disability Pride Month Start?

- Disability Pride started as a day of celebration in 1990—the year that the Americans with Disabilities Act (ADA) was signed into law
- In 1990, Boston held the first Disability Pride Day
- The official celebration of Disability Pride Month started in July 2015

Ways to Celebrate This Month!

- Learn about ableism
- Understand the difference between person-first and identity-first language
- Read a book by a disabled author
- Follow disability activists on social media
- Watch "CODA" (CODA stands for Child of Deaf Adults)
- Celebrate! Attend a Disability Pride Month Event!
- Reach out to Lifestyle EAP to Learn about making your workplace more inclusive

Have You Seen The Disability Pride Flag?

The flag's five colors represent different types of disabilities:

- Red (physical disabilities)
- Gold (neurodivergence)
- White (invisible and undiagnosed disabilities)
- Blue (psychiatric disabilities)
- Green (sensory disabilities)
- The black field mourns the victims of violence and abuse against persons with disabilities
- The diagonal colors suggests cutting across barriers that separate the disabled from society

**FOR MORE INFORMATION,
TO INITIATE COUNSELING
SERVICES, OR TO
RECEIVE SUPPORT
AROUND POLICY
CREATION OR SETTING
UP A NEW ERG PLEASE
CONTACT LIFESTYLE EAP
AT 800.989.3277**

