Non-Disabled Privilege

1. When I go out to eat, I do not think about whether I will be able to use the restroom or not.

2. I can access all of the online videos shared by friends on social media.

3. When I am out in public people speak directly to me rather than speaking about me to the person who is with me.

4. Most people I meet talk to me freely without worry about saying the “wrong thing”.

5. I can get out of my car and enter a building without having people assume I need help doing so.

6. When I attend a workshop, I can assume the handouts and materials will be accessible to me.

7. I can easily buy postcards, greeting cards, dolls, and magazines featuring people of my disability status.

8. I never had the experience of feeling awkward while someone told a joke about people with my disability status.

9. I can go to a doctor without concern about whether the equipment they use will be accessible to me.

10. A service provider has never told me that they do not serve people like me.
11. I was never told that I might want to reconsider a career choice I was thinking of pursuing because people like me are not likely to succeed in that area.

12. When I apply for a job, I do not have to worry about whether or not to disclose my disability status.

13. I have never had anyone ask me if I can or how I have sex.

14. I can vote without being concerned about access.

15. When I am asked to be on a committee, I can assume it is because of my strengths and potential contributions rather than because they needed a disabled person on the committee.

16. I can excel at something without someone telling me that I am an inspiration.

17. I have never had anyone question whether I can/should be a parent.

18. I have never been told how expensive I am to include.

19. If I choose to worship, I have several choices in my community.

20. When I moved into the dorm in college, I did not have concerns about whether my roommate would feel okay about rooming with someone of my disability status.