



Disability Pride Month

Celebrating Disabled Joy and Resistance

Nothing About Us · Without Us · ALL!



Happy Disability Pride Month

THE SYMBOL OF OUR COMMUNITY

Understanding the Disability Pride Flag

Designed by disabled activist Ann Magill in 2019, updated in 2021 for greater accessibility. A powerful symbol of the disability community's strength and diversity.

Black Background

Mourning and rage for disabled individuals who have experienced ableist violence, neglect, and death.

Diagonal Band

Symbolises the creative and innovative ways disabled people navigate barriers in society.

COLOUR STRIPES

Red

Physical
Disabilities

Gold

Cognitive &
Intellectual
Disabilities

White

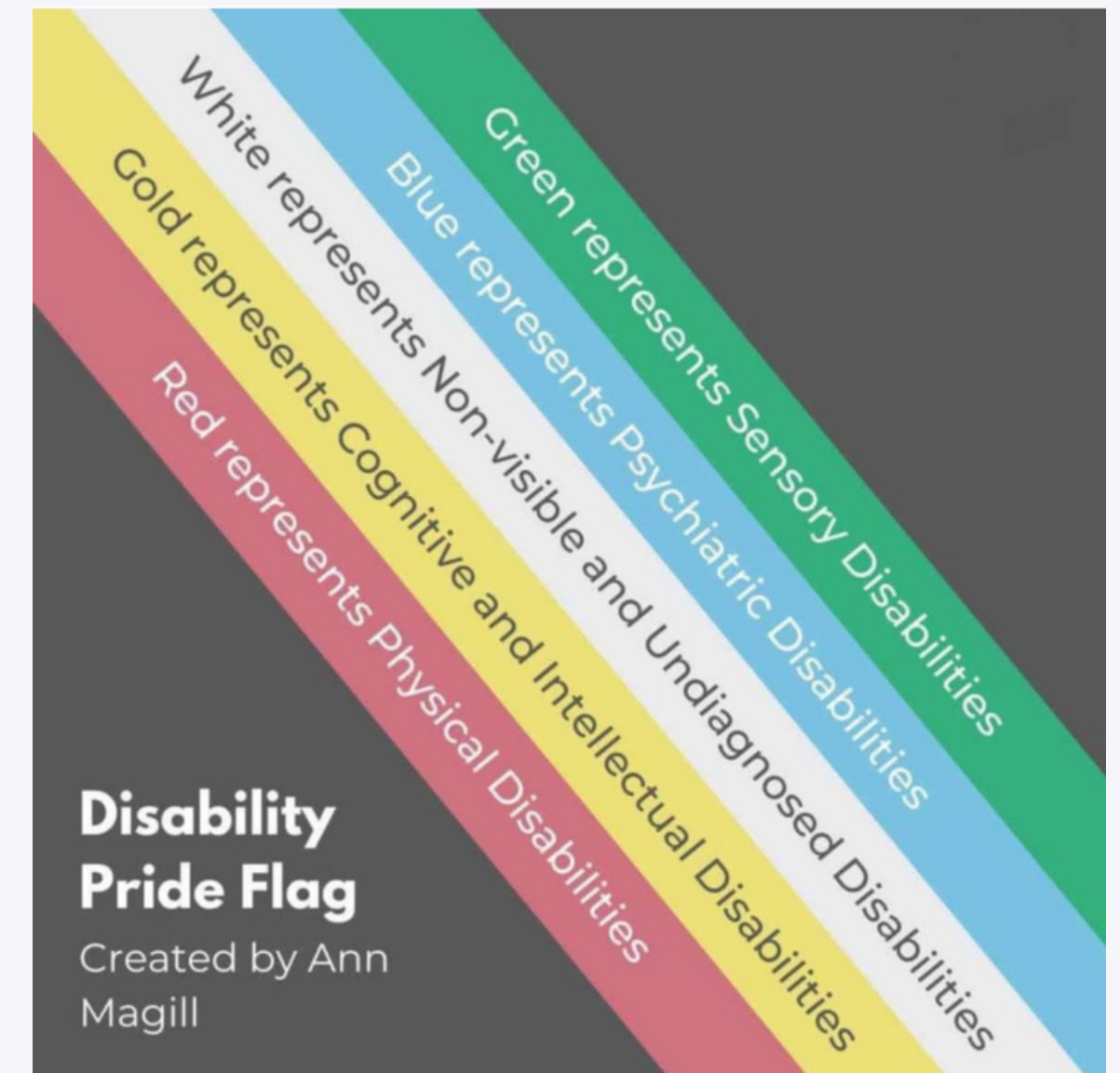
Non-Visible &
Undiagnosed
Disabilities

Blue

Psychiatric
Disabilities

Green

Sensory
Disabilities

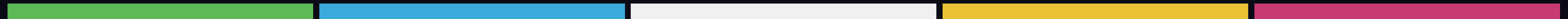


This flag serves as a unifying emblem, celebrating the myriad experiences within the disability community and promoting pride and solidarity.

01

Celebrating Disability Pride

Because disability pride is not just parades and posters — it lives in every quiet act of self-acceptance, rest, and resistance.



We Celebrate Disability Pride Every Day



Neuro-Affirming

We honour the full spectrum of Disabled and Neurodivergent experience — including the messy, nonlinear, and beautiful ways we exist in the world.



Skill Regression Isn't Failure

We know that rest can be resistance, and that our needs don't have to be explained to be valid.



Community-Led

Our stories, insights, and supports come from us — not handed down from systems that never fully see us.



Proudly Disabled

We don't wait for the world to celebrate us. We celebrate ourselves — loudly, quietly, creatively — in our own time and in our own ways.

Disability Pride isn't just parades and posters. It's the spark of your glimmers. It's unmasking in small, safe ways. It's your joy.

Unlearning Norms, Reclaiming Ourselves



As we make our way through Disability Pride Month, we reflect not only on the systems that have historically marginalised disabled and neurodivergent people, but also on the internalised expectations we carry — often silently.



Neuronormative, ableist, and capitalist systems have instilled expectations about how we should move through the world. These aren't just habits — they're survival mechanisms forged under ableism and neuronormativity.

July gives us space to say no more to internalised urgency culture — to say allow time to rest, say yes to joy without justification, and ways of being that honour our needs, not just our output or external validations.

We are not a problem to fix. We are a movement to honour.





Disability Pride Month: A Brief History

The ADA: 1990

Disability Pride Month began in the United States to mark the passing of the Americans with Disabilities Act (ADA) on July 26, 1990 — a ground-breaking civil rights law that recognised the basic rights of people with disabilities to access public life.

The first official Disability Pride Day was held that same year in Boston, and over the years grew into a global celebration of disabled identity and resistance.

A legal milestone → a global movement.

What Makes It Powerful

Disability Pride refuses to sanitise disability. It isn't about heroism or tragedy — it's about reclaiming disabled identity as something valid, powerful, and beautifully complex.

It's not about pretending the struggle is over. It's about celebrating the people who live and thrive despite systems that try to fix or erase us.

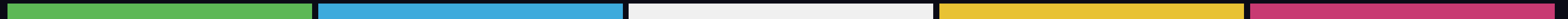
For Autistic, otherwise Neurodivergent, chronically ill, physically disabled, and mad communities alike — this is our history, our present, our futures and our power.



02

Community & Identity

Built by us, for us. Honouring the full spectrum of who we are.



OUR APPROACH

Community-Led: Built by Us, for Us

So much of the disability, Autistic and Neurodivergent experience has been shaped by people speaking about us, instead of with us or alongside us. At DNA, we flip that script.



Co-Creation, Not Top-Down

We believe in co-creation over top-down services. Our stories, insights, and supports come from us.



Shared Decision-Making

We share decision-making rather than hoarding it. We do not bend the knee to hierarchies.



Centring Marginalised Voices

We centre marginalised perspectives, including Black, Blak, queer, trans, chronically ill, and low-income experiences.



You Are the Expert

Because you are the expert in your own bodymind. Every resource we create begins with community and lived experience.

We don't need to fight for a seat at someone else's table. We are more than comfortable sitting at our own.

What Does It Mean to Be Neuro-Affirming?



It means we don't view Neurodivergence as something broken to be fixed, but as a valid and valuable way of being in the world.



Stimming

Stimming can be communication, regulation, or sensory — it is always valid.



Burnout ≠ Laziness

Burnout is not laziness. It is a signal to your mindbody that needs honouring.



Support ≠ Less

Needing support does not make us less. It makes us human.



Belonging Without Masking

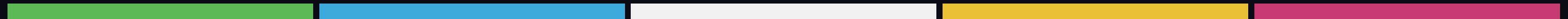
“You don't need to pass as anything other than yourself to belong here.”

It's not performative inclusion. It's rewriting the whole script on true belonging.

03

Disabled Joy & Resistance

Joy is not a reward. It is your right. And resistance looks like whatever you need it to be.



Celebrating Disabled Joy and Resistance



Disability Pride is not solely about public parades or loud celebrations. It is also about pyjamas, pacing, playlists, and parallel play. It is the Glimmers found in everyday life.

- The quiet moments of self-acceptance
- The daily acts of resistance against ableism
- The joy found in living authentically
- Taking a needed rest, guilt-free
- Engaging in a favourite hobby
- Connecting with others who understand
- Every act of self & community care is a celebration
- There's no wrong way to take up space

Disabled joy is an act of defiance in a world that demands we constantly perform productivity or recovery.

JOY AS RESISTANCE

Disabled Joy Is Radical

Not because it's rare, but because it's constantly undervalued by a society obsessed with productivity and palatability.



Loud joy

Flapping, spinning, singing in the supermarket. Stim dancing. Masking-free moments.



Quiet joy

Watching the same comfort show for the 33rd time. Wearing the same shirt every day because it feels right.



Radical rest

Refusing to feel bad for needing naps, headphones, or help. Rest is not laziness — it's survival.



Resistance

Not explaining yourself. Cancelling plans, again, without having to “justify” yourself or offer an apology.

Joy — especially disabled joy — is not a reward. It's your right.

Proudly Disabled



Disability Pride doesn't always look like a parade. It can be quiet. Gentle. Internal.

- Slow mornings and noise-cancelling headphones
- Crafting the perfect sensory corner
- Saying no and resting unapologetically
- Asking for what we need without guilt



To be proudly disabled is to reject the shame that was never ours to carry. It means knowing our value exists whether or not we are productive, whether or not we “overcome,” whether or not we mask.

Autistic and Neurodivergent Pride



WHAT WE WERE TOLD

~~*Our differences are deficits.*~~

~~*We need to be fixed.*~~

~~*We must integrate or assimilate.*~~

~~*We are unfinished neurotypicals.*~~



WHAT PRIDE DECLARES

We are complete and complex.

- Full of insight, innovation, and community care.
- Visibility without apology. Showing up as we are.
- Valid communication styles, sensory realities, beautiful complexity.

We are not broken. We are not less. We are not unfinished neurotypicals.

WE ARE ALL HUMAN

Pride Is Solidarity

Disability Pride is also about solidarity — with others who are overstimulated by lights, those who find language through AAC, anyone navigating a world that wasn't designed for them, yet continues to make room for them — wholly and fully .

- ***We exist. We matter***
- ***Our accommodations are a right.***
- ***We are not masking to make anyone else comfortable.***
- ***Whether you are late-diagnosed, self-diagnosed, or simply questioning — you are part of this community.***



Pride isn't a day. It isn't a month. It's a declaration: We exist. We matter. Pride is for you, too.

A graphic featuring the text 'NOTHING ABOUT US WITHOUT US' in a bold, white, sans-serif font with a blue outline. The text is arranged in two lines, with 'NOTHING ABOUT US' on the top line and 'WITHOUT US' on the bottom line. The text is set against a background of three overlapping, curved, colorful bands in shades of green, yellow, and red.

**NOTHING ABOUT US
WITHOUT US
ALL**

*The foundational principle of disability justice.
Our stories, our leadership, our futures.*

THROUGHOUT DISABILITY PRIDE MONTH & EVERY DAY

How to Honour Disability Pride



Be neuro-affirming

Toward yourself and others.
Recognise stimming, burnout, and support needs as valid.



Honour community wisdom

Trust lived experience. Centre community care over professional gatekeeping.



Claim your space with pride

However that looks for you. Quiet, loud, internal, or out and proud.



Call out ableism

In yourself, in systems, and in others
— with compassion and courage.



Centre marginalised voices

Especially Black, Blak, queer, trans, chronically ill, and low-income disabled experiences.



Rest without guilt

Rest is not laziness. Pacing is not weakness. Rest is survival and wisdom.

***Your softness is not a weakness. It's a revolution.
There is no one way to be disabled. There is no one way to celebrate pride.***

OUR DECLARATION

We Are Worthy, Just As We Are

- *We are not less-than.*
- *We are not burdens.*
- *We are culture.*
- *We are change-makers.*
- ***We are worthy, just as we are.***
- *We don't need to earn our rest, our joy, or our place in the world.*



It is forgiving ourselves for the days we cannot show up. It is showing up with our last spoon when we do. It is accepting ourselves and each other — wholly and fully.



Community.
Advocacy.
Change.
Belonging.

Happy Disability Pride Month

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Disability
Pride Month**

