Make a commitment to stop using words that stigmatize, dehumanize, and harm others.

How we speak and the words we put out into the world affect the perceptions and attitudes of people around us. Someone's health conditions and the challenges they face can be invisible.

Use Person-First Language

Person-first language puts the person before the diagnosis. Rearranging words is a powerful way to not let the medical condition or disability define the person.

Don't Say...

- Addict
- Oxy Baby
- Crazy
- The Disabled
- HIV Positive
- The Homeless
- Preemie
- Welfare Mom
- Zika Baby

Do Say...

- Person with a substance use disorder
- Infant exposed to substances before birth
- Person living with a mental illness
- Person with a disability
- Person living with HIV
- Person experiencing homelessness
- Infant who is born prematurely
- Person who is receiving social assistance benefits
- Infant infected with Zika virus

www.beyondlabels.marchofdimes.org