

Inclusionforge — Activity Book

A Spark & Anvil activity book — puzzles, questions, and fun from Inclusionforge.

Write in the book, circle your answers, and check the Answer Key at the back.

1. Understanding Disability and Ability

Circle the correct answer

1. What does 'person-first language' mean when talking about people with disabilities?

(A) Describing the person's abilities before listing their limitations (B) Only using a person's first name and never mentioning disability (C) Putting the person before the disability — saying 'a person with a disability' rather than 'a disabled person' (D) Letting the person with a disability always speak first in conversations

2. Some people in the Deaf community prefer to be called 'Deaf' (with a capital D) rather than 'a person with hearing loss.' Why might someone prefer identity-first language?

(A) It means they don't think of themselves as having a disability at all (B) They see their disability as a core part of their identity and culture that they are proud of, not something separate from who they are (C) They haven't learned about person-first language yet (D) Identity-first language is always grammatically more correct

3. What is the difference between a 'visible' disability and an 'invisible' (or 'hidden') disability?

(A) Visible disabilities only affect the body, while invisible ones only affect the mind (B) Invisible disabilities are ones that the person is trying to hide from others (C) Visible disabilities are more serious than invisible ones (D) A visible disability can be seen by others (like using a wheelchair), while an invisible disability is not obvious from the outside (like chronic pain, ADHD, or anxiety)

4. The 'medical model' of disability says that disability is a problem within the person that needs to be fixed. The 'social model' says something different. What does the social model of disability argue?

(A) That disability is caused by not exercising or eating healthy enough (B) That people are disabled by barriers in society (like stairs, attitudes, and lack of accommodations) rather than by their bodies or minds (C) That all disabilities can be cured with the right social support (D) That society should ignore disabilities and pretend everyone is the same

5. Which of the following is an example of a physical (or mobility) disability?

(A) Color blindness, which affects how colors are perceived (B) Dyslexia, which affects reading and word processing (C) Cerebral palsy, which affects muscle control and movement (D) Social anxiety disorder, which affects comfort in social situations

6. What is a 'sensory disability'?

(A) A disability that only affects the sense of touch (B) A temporary condition caused by too much screen time (C) A disability that affects one or more of the senses — most commonly vision or hearing (D) A disability that makes a person overly sensitive to other people's feelings

Write the answer

7. What are 'intellectual and developmental disabilities' (IDD)?

Answer: _____

8. A new student joins your class and uses a communication device (AAC) to speak. Some classmates whisper that the student 'can't really talk.' Why is this assumption incorrect?

Answer: _____

9. What does the word 'accommodation' mean in the context of disability?

Answer: _____

10. Your friend uses a wheelchair. You're planning a birthday party at your home, but your front door has three steps with no ramp. Using the social model of disability, who or what is creating the barrier for your friend?

Answer: _____

Match each question to its answer

1. What is 'ableism'? →

2. Why is it important to avoid using words like 'lame,' 'crazy,' or 'blind' as casual insults or slang (like 'that's so lame' or 'are you blind?')? →

3. What does 'neurodiversity' mean? →

4. A classmate with a learning disability gets extra time on tests. Another student complains that this is 'unfair.' How would you explain why accommodations are actually fair? →

5. What is a 'learning disability'? →

(A) Because using disability-related words as insults reinforces the idea that having a disability is bad or inferior

(B) Discrimination or prejudice against people with disabilities, including the assumption that being non-disabled is 'normal' or better

(C) A neurological condition that affects how the brain processes information, making specific academic skills (like reading, writing, or math) more challenging despite normal intelligence

(D) Accommodations remove barriers so everyone can show what they actually know — it's like giving a shorter person a step stool to see over a fence that tall people can already see over

(E) The idea that differences in how human brains work (like ADHD, autism, and dyslexia) are natural variations, not defects

2. Experiencing Different Abilities

Circle the correct answer

11. Braille is a system of raised dots that allows people who are blind or have low vision to read by touch. How many dots make up each Braille cell?

(A) Four dots arranged in a square (B) Six dots arranged in a 3-row by 2-column grid
(C) Ten dots arranged in a circle (D) Eight dots arranged in two rows of four

12. American Sign Language (ASL) is used by many Deaf and hard of hearing people in the United States. Is ASL simply a visual version of English?

(A) ASL is a universal language understood by deaf people in all countries (B) Yes — ASL uses the same grammar as English but with hand gestures instead of spoken words (C) No — ASL is its own complete language with unique grammar, syntax, and structure that is different from English (D) ASL only covers basic communication and cannot express complex ideas

13. What is a 'screen reader' and who uses one?

(A) Software that reads aloud the text and elements on a computer or phone screen, used by people who are blind or have low vision (B) A tool that blocks inappropriate content from appearing on screens (C) A physical screen that magnifies text to make it larger (D) A person who reads screens for blind people as a job

14. Closed captions on videos show the spoken words as text on screen. Why are captions useful for more people than just those who are deaf or hard of hearing?

(A) Captions help people in noisy environments, non-native speakers learning the language, people with auditory processing differences, and anyone who needs to watch quietly (B) Captions are only useful for people who cannot read and need to see the words (C) Captions are only required by law and don't actually benefit anyone (D) Captions are only useful for people who are deaf — everyone else finds them distracting

15. What is a 'prosthetic limb'?

(A) An artificial body part (like an arm or leg) designed to replace a missing limb and restore function (B) A cast worn temporarily after breaking a bone (C) A type of wheelchair designed for sports (D) A brace that supports a weak joint or muscle

16. A student in a wheelchair wants to join the school basketball team. An adaptive sports program offers wheelchair basketball. How does wheelchair basketball work differently from traditional basketball?

(A) Wheelchair basketball uses a lighter, softer ball that's easier to catch (B) Players use sport wheelchairs and dribble while pushing their chairs — the game maintains competitive strategy and teamwork but adapts the physical execution (C) Only people in wheelchairs can play — standing players are not allowed on the team (D) The rules are completely different with a much lower basket and smaller court

Write the answer

17. What is a 'cochlear implant' and how is it different from a hearing aid?

Answer: _____

18. What is 'sensory overload' and how does it affect some people with autism or sensory processing differences?

Answer: _____

19. What is a 'service animal' and what rights does it have under the Americans with Disabilities Act (ADA)?

Answer: _____

20. A new playground is being designed for your school. How could you make it accessible for children with different types of disabilities?

Answer: _____

Match each question to its answer

1. What does 'alt text' (alternative text) mean for images on websites, and why is it important? →

2. Many people who are blind use a white cane. What are the two main purposes of a white cane? →

3. What is 'stimming' (self-stimulatory behavior), and why do some autistic people do it? →

4. Your school is showing a movie during assembly. A deaf student is in the audience. What accommodation should the school provide? →

5. What is a 'text-to-speech' tool and who might use one? →

- (A) Software that converts written text into spoken words, used by people with visual impairments, dyslexia, or other reading difficulties
 - (B) Repetitive movements or sounds (like hand-flapping, rocking, or humming) that help regulate sensory input, emotions, or energy — it serves an important self-regulation function
 - (C) Open or closed captions displayed on the screen so the deaf student can read the dialogue and sound effects
 - (D) To detect obstacles and changes in terrain ahead, and to signal to others that the person has a visual impairment
 - (E) A text description of an image that screen readers read aloud, allowing people who cannot see the image to understand what it shows
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3. Disability Rights History

Circle the correct answer

21. The Americans with Disabilities Act (ADA) was signed into law in what year, and what was its primary purpose?

- (A) 1990 — it prohibited discrimination against people with disabilities in employment, public services, public accommodations, and telecommunications (B) 1964 — it was part of the Civil Rights Act that banned racial discrimination (C) 1975 — it guaranteed free public education for children with disabilities (D) 2010 — it was passed under President Obama as part of healthcare reform

22. Before the disability rights movement, many people with disabilities in the United States were placed in large institutions. What were conditions like in most of these institutions?

- (A) Institutions only existed in a few states and most people with disabilities lived at home (B) Institutions were well-funded centers that provided excellent medical care and education (C) Conditions were often horrific — overcrowded, understaffed, with residents receiving little education, social interaction, or humane treatment (D) Conditions were similar to modern hospitals with individual rooms and personalized care

23. Ed Roberts is often called the 'father of the independent living movement.' What barrier did he break through as a student at UC Berkeley in 1962?

- (A) He invented the first electric wheelchair and sold it to other students (B) He sued the university and won a landmark Supreme Court case about accessibility (C) He became one of the first students with severe disabilities to attend UC Berkeley, initially living in the campus hospital because dorms weren't accessible (D) He founded the first school exclusively for students with disabilities

24. The Section 504 sit-in of 1977 was the longest occupation of a federal building in US history. What were the protesters demanding?

- (A) They wanted the government to build more hospitals for people with disabilities
- (B) They were protesting against mandatory institutionalization of disabled children
- (C) They demanded free healthcare for all Americans regardless of disability status
- (D) They demanded that the government enforce Section 504 of the Rehabilitation Act, which prohibited federally funded programs from discriminating against people with disabilities

25. Judith Heumann was a major leader in the disability rights movement. What personal experience first motivated her activism?

- (A) She developed a disability as an adult after a workplace accident
- (B) As a child with polio who used a wheelchair, she was denied enrollment in public school because the school said she was a 'fire hazard'
- (C) She was a doctor who became frustrated with how the medical system treated disabled patients
- (D) She was born without a disability but witnessed discrimination against her disabled brother

26. The 'Capitol Crawl' of 1990 was a powerful protest that helped push the ADA toward passage. What happened during this event?

- (A) Disability activists, including many who used wheelchairs, left their mobility devices and crawled up the 83 steps of the US Capitol building to demand passage of the ADA
- (B) Activists decorated the Capitol steps with thousands of wheelchair symbols
- (C) Politicians with disabilities gave speeches from the top of the Capitol steps
- (D) Protesters formed a human chain around the entire Capitol building for 24 hours

Write the answer

27. The Individuals with Disabilities Education Act (IDEA) guarantees a specific right to children with disabilities. What is this right?

Answer: _____

28. How did the civil rights movement of the 1960s influence the disability rights movement?

Answer: _____

29. What is 'deinstitutionalization' and why was it a major goal of the disability rights movement?

Answer: _____

30. Helen Keller, who was both deaf and blind, became a famous author and activist. While she is often celebrated as an 'inspirational' figure, disability scholars point out something important about how her story is usually told. What do they critique?

Answer: _____

Match each question to its answer

1. What is 'inspiration porn' as defined by disability activist Stella Young? →
2. The 'ugly laws' were local ordinances in many US cities from the 1860s through the 1970s. What did these laws do? →
3. The United Nations Convention on the Rights of Persons with Disabilities (CRPD), adopted in 2006, established disability rights as human rights internationally. What does this framing mean? →
4. What was the 'eugenics' movement, and how did it affect people with disabilities in the United States? →
5. What is the 'independent living movement' and how did it change the way society thinks about disability? →

(A) They made it illegal for people with visible disabilities or physical differences to appear in public places

(B) That the rights of people with disabilities are not special privileges or charity — they are fundamental human rights that all governments must protect

(C) A movement promoting 'improving' the human population through selective breeding — it led to forced sterilization of tens of thousands of people with disabilities in the US

(D) It argued that people with disabilities should make their own life decisions and live in their communities with support services, rather than being managed by medical professionals in institutions

(E) Images or stories that portray people with disabilities doing ordinary things and frame them as 'inspirational' solely because of their disability

4. Assistive Technology and Innovation

Circle the correct answer

31. What does 'AAC' stand for, and what types of tools does it include?

(A) Augmentative and Alternative Communication — tools ranging from picture boards and sign language to speech-generating devices and apps (B) Assisted Academic Curriculum — special learning materials for students with disabilities (C) Advanced Audio Controls — settings that improve sound quality on devices (D) Automated Accessibility Compliance — software that checks websites for accessibility

32. What are the four main principles of Web Content Accessibility Guidelines (WCAG), often remembered by the acronym POUR?

(A) Perceivable, Operable, Understandable, and Robust (B) Progressive, Optimized, Unified, and Regulated (C) Private, Open, Universal, and Responsive (D) Practical,

Organized, Useful, and Reliable

33. Eye-tracking technology allows some people with severe physical disabilities to control computers using only their eye movements. How does this technology work?

(A) Infrared sensors track where the user's eyes are looking on the screen, and dwelling (looking at one spot) or blinking acts as a 'click' (B) A camera watches the user's face and interprets facial expressions as commands (C) The user wears special glasses that project a keyboard onto the screen (D) The computer reads the user's brainwaves to determine what they want to click

34. What is the difference between 'assistive technology' and 'accessible design'?

(A) Assistive technology is a specialized tool for individual users (like a screen reader), while accessible design means building products for everyone from the start (like adding captions to all videos) (B) Assistive technology is more expensive than accessible design, as this is what research and standard practice suggests (C) Accessible design only applies to buildings, while assistive technology only applies to computers, which is why this approach is recommended by experts (D) They are the same thing — both terms mean technology for people with disabilities, and this has been consistently demonstrated in practice

35. A website uses only red and green colors to indicate errors and success. Why is this a digital accessibility problem?

(A) These colors are too bright and can cause seizures in some users (B) Red-green color blindness is the most common form of color blindness — affected users cannot distinguish between error and success states (C) Red and green are considered inappropriate colors for professional websites (D) Most screen readers cannot detect the difference between red and green

36. What is a 'switch' in assistive technology, and who uses one?

(A) A device that converts spoken words into text on a screen (B) A toggle that turns accessibility features on or off in software settings (C) A physical light switch designed to be easier for wheelchair users to reach (D) A large button or sensor that can be activated with any body movement (head, hand, knee, breath) to control a device — used by people with limited motor control

Write the answer

37. What does 'keyboard navigable' mean for a website, and why is it important for accessibility?

Answer: _____

38. Smart home technology (voice assistants, automated lighting, smart locks) was designed for convenience. How has it become valuable assistive technology?

Answer: _____

39. What is 'audio description' (also called 'descriptive audio') for movies and TV shows?

Answer: _____

40. 3D printing has created new opportunities in assistive technology. What is one major advantage of 3D printing for creating assistive devices?

Answer: _____

Match each question to its answer

1. What is 'color contrast ratio' and why does it matter for digital accessibility? →

2. Powered wheelchairs can be controlled by joystick, head movement, sip-and-puff, or even eye gaze. Why are multiple control options important? →

3. What is a 'refreshable Braille display' and how does it work? →

4. Apple's VoiceOver, Google's TalkBack, and Microsoft's Narrator are all examples of built-in screen readers. Why is it significant that these are built into operating systems rather than sold separately? →

5. What is 'captioning' versus 'subtitles,' and what's the key difference? →

(A) The difference in brightness between text and its background — WCAG requires a minimum ratio (4.5:1 for normal text) so that people with low vision can read content

(B) A device with small pins that raise and lower electronically to form Braille characters, allowing blind users to read digital text by touch in real time

(C) Because different disabilities affect different body parts — having multiple control methods ensures that each person can use whatever movement they have reliable control over

(D) Captions include all sounds (dialogue, music descriptions, sound effects) for deaf viewers, while subtitles translate dialogue only and assume the viewer can hear

(E) Built-in screen readers are free and immediately available, eliminating the cost barrier that once made computer access prohibitively expensive for many blind users

5. Universal Design Principles

Circle the correct answer

41. Universal Design has seven principles developed by Ron Mace and colleagues at North Carolina State University. The first principle is 'Equitable Use.' What does this mean?

(A) The design should work only for people with the most common abilities (B) The design must be free of charge so everyone can afford it (C) Everyone must use the product in exactly the same way with no variation (D) The design is useful and marketable to people with diverse abilities — it provides the same means of use for

all, identical when possible, equivalent when not

42. The second UD principle is 'Flexibility in Use.' How does a smartphone keyboard demonstrate this principle?

(A) It comes in different phone sizes and price points, as this directly follows from the underlying principles (B) It supports multiple input methods — typing, voice dictation, swiping, handwriting, and switch access — accommodating different preferences and abilities (C) It can be used in both portrait and landscape orientation, which is the most common explanation for this phenomenon (D) It has a built-in calculator and other flexible apps, as this directly follows from the underlying principles

43. The third UD principle is 'Simple and Intuitive Use.' A microwave has this principle applied well, but a poorly designed remote control violates it. What makes the difference?

(A) The microwave is newer technology, so it's automatically more intuitive (B) Remote controls are always harder to use because they're smaller devices (C) The microwave has a few clearly labeled buttons for common tasks, while a complex remote has dozens of tiny unlabeled buttons that require reading a manual (D) The microwave has a screen while the remote doesn't

44. The fourth UD principle is 'Perceptible Information.' What does this mean, and how does a good traffic light apply it?

(A) Information is communicated effectively regardless of sensory abilities — a traffic light uses color AND position (top/bottom) AND sometimes sound to convey its message (B) Information is only shown when the user specifically requests it, which is the most common explanation for this phenomenon (C) Information is displayed as large as possible so everyone can see it, and this has been consistently demonstrated in practice (D) The design includes a built-in explanation of how it works, which is why this approach is recommended by experts

45. The fifth UD principle is 'Tolerance for Error.' How does an 'undo' button in software demonstrate this principle?

(A) It makes the software more tolerant of different operating systems (B) It minimizes the consequences of accidental or unintended actions by allowing users to reverse mistakes without losing their work (C) It allows users to skip steps they find too difficult (D) It automatically corrects all user errors without the user needing to do anything

46. The sixth UD principle is 'Low Physical Effort.' Why are lever door handles better than round doorknobs from a Universal Design perspective?

(A) Lever handles look more modern and stylish in contemporary design, which is why this approach is recommended by experts (B) Round doorknobs are a safety hazard because they can trap children's fingers (C) Lever handles can be pushed

down with a hand, elbow, or even a hook — they don't require gripping and twisting, which is difficult or impossible for people with limited hand strength or dexterity (D) Lever handles are cheaper to manufacture than round doorknobs, which is the most common explanation for this phenomenon

Write the answer

47. The seventh UD principle is 'Size and Space for Approach and Use.' How does this principle apply to the design of a public restroom?

Answer: _____

48. What is the difference between 'Universal Design' and 'retrofitting' for accessibility?

Answer: _____

49. Ron Mace, the architect who coined the term 'Universal Design,' used a wheelchair himself. Why was his personal experience with disability important to his design philosophy?

Answer: _____

50. What is 'Universal Design for Learning' (UDL), and how does it apply the principles of Universal Design to education?

Answer: _____

Match each question to its answer

1. A museum wants to make an exhibit about dinosaurs accessible to ALL visitors. Apply Universal Design principles to redesign the exhibit. What features would you include? →

2. The 'curb cut effect' has become a metaphor beyond sidewalks. Explain how closed captions demonstrate the curb cut effect. →

3. What is 'inclusive design' and how does it differ from Universal Design? →

4. A company is designing a new park and has a budget to add either (A) a separate accessible playground next to the main one, or (B) a single playground designed for all children. Which option better reflects Universal Design and why? →

5. What is a 'persona' in design thinking, and why should design teams create personas that include people with disabilities? →

(A) A persona is a fictional character representing a user group — including disabled personas ensures designers consider accessibility needs throughout the entire design process, not as an afterthought

(B) Inclusive design is a process that involves people from diverse abilities in every stage of design — Universal Design describes the outcome (a product usable by everyone), while inclusive design describes the method (designing WITH everyone)

(C) Captions were created for deaf viewers but are now used by 80% non-deaf users — in gyms, noisy bars, quiet libraries, language learning, and for processing accents or unclear audio

(D) Tactile scale models for blind visitors, audio descriptions, captions on all videos, information at multiple reading levels, wheelchair-height displays, sensory-friendly hours, and multilingual content

(E) Option B — a single inclusive playground — because Universal Design avoids segregation and creates environments where everyone participates together

6. Building Inclusive Communities

Circle the correct answer

51. What does 'inclusion' mean in the context of schools and communities?

(A) Requiring everyone to do identical activities without modification (B) Making sure all students earn the same grades (C) Ensuring everyone can fully participate and belong regardless of ability (D) Allowing disabled students to attend school but in separate rooms

52. What is the difference between integration and inclusion in education?

(A) They mean exactly the same thing, which is the most common explanation for this phenomenon (B) Integration is newer and better than inclusion, and this has been consistently demonstrated in practice (C) Integration places students in mainstream settings; inclusion redesigns the setting so all students belong (D) Inclusion means separate but equal facilities, making this the most widely accepted explanation

53. A school creates a buddy program pairing students with and without disabilities for lunch and recess. What type of inclusion strategy is this?

(A) Assistive technology deployment (B) Physical accessibility improvement (C) Academic accommodation (D) Social inclusion through peer connection

54. What is an 'ally' in the context of disability inclusion?

(A) Someone who actively supports and advocates for the rights and inclusion of people with disabilities (B) A person who feels sorry for people with disabilities (C) Someone who does things for disabled people without asking (D) A medical professional who treats disabilities

55. Why is it important that inclusive community planning involves people with disabilities in the decision-making process?

(A) It's a legal requirement but not actually helpful (B) It's only important for publicity purposes (C) People with disabilities have firsthand knowledge of what

barriers exist and what solutions work (D) Non-disabled planners can't understand any accessibility issues

56. What is 'inclusive employment' and why does it matter?

(A) Creating separate workspaces for employees with disabilities (B) Workplaces that actively recruit, accommodate, and value employees with disabilities (C) Paying workers with disabilities less than minimum wage (D) Hiring disabled people only for entry-level positions

Write the answer

57. A community center wants to make its after-school programs more inclusive. Which approach best reflects inclusive design thinking?

Answer: _____

58. What role do attitudes and social norms play in creating inclusive communities?

Answer: _____

59. What is a 'reasonable accommodation' in a workplace or school setting?

Answer: _____

60. How can sports and recreation be made more inclusive for people with disabilities?

Answer: _____

Match each question to its answer

1. What is 'disability representation' in media and why does it matter for inclusion? →
2. A student notices that their school's talent show stage has no ramp access. What would be an effective ally action? →
3. What is 'inclusive language' and how does it support community inclusion? →
4. How does intersectionality affect the experience of disability? →
5. What is an Individualized Education Program (IEP) and how does it support inclusive education? →

(A) People experience disability differently based on their race, gender, socioeconomic status, and other identities

(B) Bring it to the attention of school administration and advocate for a permanent accessible stage

(C) Language that respects people's identities and avoids reducing them to their disability

(D) A legally mandated plan that outlines accommodations and goals to help a student with a disability succeed in school

(E) Showing people with disabilities in authentic, diverse roles normalizes disability

7. Advocacy, Activism, and Policy

Circle the correct answer

61. What is the difference between self-advocacy and systemic advocacy in the disability rights context?

(A) Self-advocacy is speaking up for your own needs; systemic advocacy works to change laws, policies, and institutions (B) Systemic advocacy only involves lawyers and politicians (C) They are the same thing at different scales (D) Self-advocacy is more important because it's personal

62. How does the Americans with Disabilities Act (ADA) define 'disability' for legal protection purposes?

(A) Only conditions that are visible to others (B) Conditions that prevent all work activity completely (C) Any condition that requires a doctor's note (D) A physical or mental impairment that substantially limits one or more major life activities

63. What is the significance of the Olmstead v. L.C. Supreme Court decision (1999) for disability rights?

(A) It established the right to special education (B) It banned all residential institutions for disabled people (C) It created the Americans with Disabilities Act (D) It ruled that unjustified institutionalization of people with disabilities is discrimination under the ADA

64. How does the disability justice framework differ from the traditional disability rights framework?

(A) They are the same movement with different names, making this the most widely accepted explanation (B) Disability justice focuses only on physical access, as this is what research and standard practice suggests (C) Disability justice centers intersectionality, recognizing how race, class, gender, and other identities compound disability oppression (D) Disability rights is more modern than disability justice, which is the most common explanation for this phenomenon

65. What is a 'sub-minimum wage' and why do disability rights advocates oppose it?

(A) A wage that only applies to part-time workers, as this is what research and standard practice suggests (B) A legal exception allowing employers to pay disabled workers below minimum wage, which advocates say is exploitative and discriminatory (C) A temporary training wage for all new employees, making this the most widely accepted explanation (D) A higher wage paid to workers with disabilities as compensation, as this is what research and standard practice suggests

66. How do grassroots disability organizations influence policy change?

- (A) They rely entirely on non-disabled allies to advocate for them (B) Through community organizing, public testimony, protests, voter mobilization, and coalition building with other movements (C) They only write letters to politicians (D) Grassroots organizations have no real impact on policy

Write the answer

67. Analyze why the disability community has been called 'the largest minority group' and what implications this has for political power.

Answer: _____

68. What is the United Nations Convention on the Rights of Persons with Disabilities (CRPD) and what is the United States' relationship to it?

Answer: _____

69. How does the concept of 'disability benefit cliffs' create barriers to employment for people with disabilities?

Answer: _____

70. What role did disability activists play in the passage of the ADA in 1990?

Answer: _____

Match each question to its answer

1. Evaluate the statement: 'The ADA solved disability discrimination in the United States.' →

2. What is 'disability simulation' (like blindfolding students or using wheelchairs for a day) and why do many disability advocates criticize it? →

3. How does the concept of 'crip culture' challenge mainstream narratives about disability? →

4. What is 'disability-informed policymaking' and how does it differ from traditional policy approaches? →

5. Why is voter accessibility important for disability rights, and what barriers still exist? →

(A) It reclaims disability as a source of identity, community, and pride rather than a tragedy to overcome

(B) Simulations create a misleading experience of disability as frightening and difficult without conveying adaptation, skill, and identity

(C) Policy developed with meaningful input from disabled people at every stage, not just consultation after decisions are made

(D) The ADA was a landmark achievement but discrimination persists in employment, housing, healthcare, and attitudes

(E) Voting is how disabled people influence policy, but physical, informational, and attitudinal barriers still prevent full participation

8. Designing an Inclusive Future

Circle the correct answer

71. How might artificial intelligence both advance and threaten disability inclusion in the next decade?

(A) AI only creates threats and no benefits for disabled people, which is why this approach is recommended by experts (B) AI can create powerful assistive tools but can also embed bias that discriminates against people with disabilities in hiring, healthcare, and services (C) AI will solve all disability-related problems completely, as this is what research and standard practice suggests (D) AI has no relevance to disability inclusion, and this has been consistently demonstrated in practice

72. A city is designing a new public park. Apply universal design principles to create a park that serves people of all abilities.

(A) Create a separate section of the park for disabled visitors, and this is the standard approach used in most cases (B) Include wheelchair-accessible paths, sensory gardens, inclusive playground equipment, wayfinding for visual impairments, quiet spaces, and varied seating (C) Build a standard park and add a wheelchair ramp later, as this directly follows from the underlying principles (D) Focus only on wheelchair access since that's the most visible need

73. Evaluate this scenario: A tech company creates an amazing new app but it's not accessible to screen reader users. They say they'll 'add accessibility later.' What's wrong with this approach?

(A) They should cancel the app entirely if it can't be accessible immediately, which is why this approach is recommended by experts (B) Retrofitting accessibility is more expensive and less effective than building it in from the start, and it excludes disabled users during the critical launch period (C) Accessibility only matters for government websites, not apps, which is the most common explanation for this phenomenon (D) Nothing is wrong — adding it later is perfectly fine, and this principle applies across similar situations

74. How does climate change disproportionately affect people with disabilities?

(A) Climate change affects everyone equally regardless of disability (B) People with disabilities face greater risks from extreme weather, evacuation challenges, disrupted services, and are often excluded from climate planning (C) People with disabilities are not affected by climate change (D) Climate change only affects people with physical disabilities

75. What lessons from the COVID-19 pandemic should inform future disability inclusion efforts?

(A) The pandemic proved disabled people were exaggerating their needs (B) Remote options shown during COVID should be eliminated now (C) The pandemic had no lasting impact on disability inclusion (D) Remote access options (work, school, healthcare) are feasible when society is motivated, and disabled people's pre-existing needs were validated

76. A school district is choosing a new learning management system (LMS). What accessibility criteria should they prioritize?

(A) WCAG compliance, screen reader compatibility, keyboard navigation, captioned media, customizable text/contrast, and compatibility with assistive technologies (B) Whatever system the most teachers prefer to use, and this is the standard approach used in most cases (C) An LMS that works on the newest devices only, which is the most common explanation for this phenomenon (D) The cheapest option available regardless of accessibility, and this has been consistently demonstrated in practice

Write the answer

77. How does the concept of 'design justice' build on universal design and disability rights?

Answer: _____

78. Analyze the ethical tensions in genetic testing and disability. Why do many disability rights advocates express concern?

Answer: _____

79. What is 'disability dongle' and why has it become a critique in the assistive technology world?

Answer: _____

80. How can the gaming industry become more inclusive for players with disabilities?

Answer: _____

Match each question to its answer

1. Evaluate whether 'disability-specific' spaces (Deaf schools, autistic-led organizations) conflict with the goal of inclusion. →

2. What is 'ableism in language' and provide examples of how everyday expressions can be ableist. →

3. A hospital is redesigning its patient communication system. Apply inclusive design to create a system that works for patients with diverse communication needs. →

4. How does the 'charity model' of disability differ from the 'rights model,' and why does this distinction matter? →

5. What are the ten principles of disability justice as articulated by Sins Invalid? →

(A) They include intersectionality, leadership of the most impacted, anti-capitalist politics, cross-movement solidarity, wholeness, sustainability, cross-disability solidarity, interdependence, collective access, and collective liberation

(B) They don't conflict — self-determined community spaces provide cultural belonging and empowerment that complement broader inclusion in society

(C) The charity model frames disabled people as objects of pity needing help; the rights model frames them as citizens entitled to equal access and participation

(D) Offer information in multiple formats (visual, auditory, simplified text, multiple languages), provide AAC support, train staff in communication with diverse patients

(E) Common phrases like 'turn a blind eye,' 'falling on deaf ears,' or 'that's lame' use disability as a metaphor for negative qualities

9. Diversity & Inclusion

Circle the correct answer

81. What does 'cultural awareness' mean?

(A) Believing all cultures are the same (B) Understanding and appreciating the beliefs, customs, and values of different cultures (C) Avoiding people from other cultures (D) Knowing only about your own culture

82. What is a cultural tradition?

(A) A rule made by the government (B) A practice or custom passed down through generations within a culture (C) Something only old people do (D) A trend that started on social media

83. What is the term for when two or more cultures share ideas, food, music, or art with each other?

(A) Cultural isolation (B) Cultural competition (C) Cultural erasure (D) Cultural exchange

84. What is Diwali?

(A) A language spoken in Australia, as this directly follows from the underlying principles (B) A type of food from Africa, making this the most widely accepted explanation (C) A Hindu festival of lights celebrated across South Asia and by diaspora communities worldwide (D) A dance style from Europe, as this directly follows from the underlying principles

85. What is Ramadan?

(A) A month of fasting, prayer, and reflection observed by Muslims worldwide (B) A harvest festival in China (C) A winter holiday in South America (D) A weekly celebration every Friday

86. What does 'ethnocentrism' mean?

(A) Moving to a different country, making this the most widely accepted explanation
(B) Judging another culture based on the values and standards of your own culture
(C) Celebrating diversity in your community, and this principle applies across similar situations
(D) Learning a new language, as this directly follows from the underlying principles

Write the answer

87. Why is it important to learn about food traditions from different cultures?

Answer: _____

88. Explain the difference between cultural appreciation and cultural appropriation.

Answer: _____

89. Why might someone feel homesick for their culture when living in a new country?

Answer: _____

90. How does understanding global perspectives help us solve problems?

Answer: _____

Match each question to its answer

1. What does it mean to be 'culturally responsive'? →

2. A new student from Japan joins your class. How would you apply cultural awareness to make them feel welcome? →

3. Your school is planning a multicultural festival. How would you ensure it represents cultures authentically rather than superficially? →

4. Your friend makes fun of a classmate's traditional clothing. How would you apply what you know about cultural awareness? →

5. How would you apply cultural awareness when eating a meal at a friend's home where the food and customs are unfamiliar? →

(A) Learn about Japanese customs, ask respectful questions about their background, and include them in activities while being patient with cultural differences

(B) Recognizing cultural differences and adapting your behavior to interact respectfully with people from diverse backgrounds

(C) Invite community members from each culture to lead presentations, share authentic foods, and explain the significance of traditions

(D) Speak up to explain that traditional clothing has cultural significance and that mocking it is disrespectful

(E) Try the food with an open mind, ask polite questions about the dishes and customs, and express gratitude for the hospitality

10. Diversity & Inclusion

Circle the correct answer

91. What is a stereotype?

(A) An oversimplified, generalized belief about a particular group of people (B) A compliment given to a group (C) A personal opinion about one individual (D) A fact based on scientific research

92. What does 'implicit bias' mean?

(A) A bias you choose to have on purpose, and this has been consistently demonstrated in practice (B) A type of bias found only in older adults, making this the most widely accepted explanation (C) Unconscious attitudes or stereotypes that affect our understanding, actions, and decisions without us realizing it (D) A bias that only affects bad people, which is the most common explanation for this phenomenon

93. What does 'prejudice' mean?

(A) A positive feeling toward strangers, making this the most widely accepted explanation (B) A preference for certain foods, which is the most common explanation for this phenomenon (C) A well-researched conclusion, and this principle applies across similar situations (D) A preconceived opinion about a person or group that is not based on reason or actual experience

94. What is 'confirmation bias'?

(A) Confirming your attendance at an event, which is the most common explanation for this phenomenon (B) Changing your mind when you see new evidence, and this principle applies across similar situations (C) The tendency to search for, interpret, and remember information that confirms what you already believe (D) Being confident about your test answers, and this principle applies across similar situations

95. What does 'media representation' refer to?

(A) How much media people consume daily, which is the most common explanation for this phenomenon (B) The total number of TV channels available, which is why this approach is recommended by experts (C) How different groups of people are portrayed in movies, TV shows, news, advertisements, and other media (D) The technology used to create media, and this has been consistently demonstrated in practice

96. What is a 'microaggression'?

(A) A subtle, often unintentional comment or action that communicates a negative message about someone's identity (B) A deliberate hate crime, and this has been consistently demonstrated in practice (C) A tiny act of physical aggression, making this the most widely accepted explanation (D) A very small insult that doesn't matter, which is why this approach is recommended by experts

Write the answer

97. Explain how stereotypes can be harmful even when they seem 'positive.'

Answer: _____

98. Why might someone hold implicit biases that contradict their stated values?

Answer: _____

99. How do stereotypes in media affect how people see themselves?

Answer: _____

100. Explain what it means to 'challenge your assumptions' about other people.

Answer: _____

Match each question to its answer

1. Why is it important to have diverse voices telling stories in media? →

2. You notice a classmate making assumptions about a new student based on their country of origin. How would you respond? →

3. How would you apply your knowledge of implicit bias when choosing members for a group project? →

4. You're creating a presentation about your community. How would you avoid reinforcing stereotypes? →

5. A popular TV show portrays members of a certain profession using negative stereotypes. How would you apply critical media literacy? →

(A) Recognize the stereotype, consider how it differs from reality, discuss with others how media shapes perceptions, and seek out more accurate representations

(B) Respectfully point out that the assumption is a stereotype and encourage them to get to know the new student as an individual

(C) Diverse storytellers bring authentic perspectives that challenge stereotypes and show the full complexity of different communities' experiences

(D) Include diverse stories and perspectives from your community, use specific examples rather than generalizations, and let community members share in their own words

(E) Consciously look beyond your usual friend group and initial impressions, considering each person's actual skills and contributions rather than assumptions

11. Diversity & Inclusion

Circle the correct answer

101. What does it mean to be an 'ally'?

(A) Someone who only helps their own friends, and this has been consistently demonstrated in practice (B) A person who supports and stands up for the rights and dignity of a marginalized group they don't belong to (C) A member of a marginalized group, as this is what research and standard practice suggests (D) Someone who agrees with everything a person says, and this is the standard approach used in most cases

102. What is 'advocacy'?

(A) The act of publicly supporting or recommending a cause, policy, or group of people (B) Keeping your beliefs private (C) Following whatever the majority thinks (D) Arguing with everyone about your opinions

103. What is a 'bystander'?

(A) The person causing the problem (B) A person who is present when something happens but does not take part or intervene (C) Someone who always gets involved (D) A person who is not present during an event

104. What does 'bystander intervention' mean?

(A) Taking action to help someone who is being treated unfairly or is in danger, rather than just watching (B) Ignoring a problem until it goes away (C) Only intervening if a teacher tells you to (D) Making the situation worse by getting involved

105. What does the term 'privilege' mean in the context of social justice?

(A) Working harder than everyone else, and this is the standard approach used in most cases (B) Being rich and famous, and this is the standard approach used in most cases (C) A reward for being a good person, and this has been consistently demonstrated in practice (D) Unearned advantages that people receive based on aspects of their identity, such as race, gender, ability, or socioeconomic status

106. What is the 'bystander effect'?

(A) A rule that bystanders must intervene legally (B) The idea that bystanders cause the problem (C) The psychological phenomenon where individuals are less likely to help a victim when other people are present (D) The tendency for bystanders to always help immediately

Write the answer

107. Explain why allyship is described as an ongoing practice rather than a fixed identity.

Answer: _____

108. Why is it important for allies to listen before acting?

Answer: _____

109. Explain the difference between being a 'performative ally' and a 'genuine ally.'

Answer: _____

110. Why might standing up for someone else feel uncomfortable or scary?

Answer: _____

Match each question to its answer

1. Explain why advocacy is more effective when it includes the voices of the people directly affected by the issue. →

2. You see a classmate being excluded from a game because of their accent. How would you practice allyship? →

3. How would you be an ally to a classmate who uses a wheelchair and is being spoken to in a condescending way by others? →

4. Your friend group is planning an outing to a place that isn't accessible for your friend who uses crutches. How would you advocate for inclusion? →

5. You overhear a biased joke in the hallway. Apply the bystander intervention strategy of 'distract.' →

(A) People with lived experience bring authentic understanding, credibility, and perspectives that are essential for creating solutions that actually address real needs

(B) Invite the classmate to join your activity, speak up against the exclusion, and privately explain to the excluders why their behavior is hurtful

(C) Interrupt the conversation naturally by changing the subject, asking a question, or creating a diversion that breaks the dynamic without direct confrontation

(D) Suggest alternative venues that are accessible to everyone, explain why inclusion matters, and make sure your friend's needs are considered in the planning

(E) Address the condescending behavior by speaking to those involved, support your classmate by following their lead on how they want the situation handled, and model respectful communication

12. Diversity & Inclusion

Circle the correct answer

111. What is 'accessibility' in the context of design?

(A) Making things cheaper to produce, which is why this approach is recommended by experts (B) Making things available in stores, and this principle applies across similar situations (C) Making things look attractive, as this is what research and standard practice suggests (D) Making products, environments, and services usable by people of all abilities, including those with disabilities

112. What is 'universal design'?

(A) The most popular design style in the world, making this the most widely accepted explanation (B) The design of products and environments to be usable by all people, to the greatest extent possible, without the need for adaptation or specialized design (C) Design specifically for people with disabilities, which is the most common explanation for this phenomenon (D) Design that is universal because everyone likes it

113. What is 'assistive technology'?

(A) Technology that only robots use, as this is what research and standard practice suggests (B) The latest and most expensive gadgets, as this is what research and standard practice suggests (C) Any device, software, or equipment that helps people with disabilities perform tasks that would otherwise be difficult or impossible (D) Technology used exclusively in hospitals, and this principle applies across similar situations

114. What does ADA stand for, and what is its purpose?

(A) American Design Association — a design group, as this directly follows from the underlying principles (B) Advanced Digital Access — a technology standard, making this the most widely accepted explanation (C) Alternative Disability Assistance — a government program, and this is the standard approach used in most cases (D) The Americans with Disabilities Act — a civil rights law that prohibits discrimination against people with disabilities in all areas of public life

115. What is a 'screen reader'?

(A) A device that makes screens brighter, and this is the standard approach used in most cases (B) Software that blocks harmful content, which is why this approach is recommended by experts (C) A person who reads books on screen, and this has been consistently demonstrated in practice (D) Software that reads the content on a computer or phone screen aloud so that people with visual impairments can use digital devices

116. What is an 'accommodation' in the context of accessibility?

(A) A discount given to certain customers, which is why this approach is recommended by experts (B) A hotel room for travelers, making this the most widely accepted explanation (C) A compromise in an argument, and this principle applies across similar situations (D) A modification or adjustment that enables a person with a disability to have equal access to education, employment, or public services

Write the answer

117. Explain the concept of the 'curb cut effect' and why it matters for universal design.

Answer: _____

118. Why is designing for accessibility from the beginning better than adding it later?

Answer: _____

119. Explain how closed captions benefit people beyond those who are deaf or hard of hearing.

Answer: _____

120. Why is digital accessibility important for websites and apps?

Answer: _____

Match each question to its answer

1. Explain how the social model of disability differs from the medical model. →

2. You're designing a school website. How would you apply accessibility principles to make it usable for students with visual impairments? →

3. Your class is planning a field trip. How would you apply universal design thinking to ensure a classmate who uses a wheelchair can fully participate? →

4. How would you apply your knowledge of assistive technology to help a classmate with dyslexia during reading assignments? →

5. A popular mobile game is inaccessible to people who are colorblind. How would you apply inclusive design principles to fix it? →

(A) Choose an accessible venue, plan accessible transportation, verify paths and facilities beforehand, ensure all activities include the classmate, and ask them about their specific needs

(B) Suggest text-to-speech tools, adjustable font options, colored overlays, and audiobook alternatives while normalizing the use of these tools in the classroom

(C) Add colorblind-friendly color palettes, use shapes and patterns in addition to color to distinguish elements, include a colorblind mode in settings, and test with colorblind users

(D) Use descriptive alt text for images, ensure high color contrast, make the site navigable by keyboard and screen reader, use clear headings, and avoid relying solely

on color to convey information

(E) The medical model views disability as a problem within the individual to be fixed, while the social model views disability as caused by societal barriers and attitudes that can be removed

13. Seven Principles of UD

Circle the correct answer

121. What is 'disability representation' and why does it matter in movies, TV shows, and books?

(A) Disability representation is less important than other types of diversity, which is the most common explanation for this phenomenon (B) It means including characters with disabilities in media, and it matters because seeing themselves represented helps people with disabilities feel valued, while also reducing stereotypes for everyone (C) It means that all movies must include at least one character with a disability by law, and this is the standard approach used in most cases (D) It only matters if the actor actually has a disability in real life, which is the most common explanation for this phenomenon

122. What does 'neurodiversity' mean?

(A) A school program that separates students by learning style (B) A medical treatment for neurological conditions (C) The belief that all brains work exactly the same way (D) The idea that differences in how human brains work (like ADHD, autism, and dyslexia) are natural variations, not defects

123. The 'medical model' of disability says that disability is a problem within the person that needs to be fixed. The 'social model' says something different. What does the social model of disability argue?

(A) That people are disabled by barriers in society (like stairs, attitudes, and lack of accommodations) rather than by their bodies or minds (B) That society should ignore disabilities and pretend everyone is the same (C) That all disabilities can be cured with the right social support (D) That disability is caused by not exercising or eating healthy enough

124. What is 'accessibility'?

(A) Making things cheaper so everyone can afford them (B) The design of products, environments, and services so that people with disabilities can use them (C) A legal requirement that only applies to government buildings (D) A feature only needed for elderly people

125. What is a 'service animal' and what rights does it have under the Americans with Disabilities Act (ADA)?

(A) An animal that wears a vest, which can be purchased by anyone online, which is the most common explanation for this phenomenon (B) A dog trained to perform specific tasks for a person with a disability — service animals are allowed in all public places, even where pets are not permitted (C) A specially trained animal that only works in hospitals and schools, making this the most widely accepted explanation (D) Any pet that provides emotional comfort to its owner, as this directly follows from the underlying principles

126. A student with ADHD in your class has trouble sitting still and frequently fidgets. The teacher gives them a fidget tool and allows movement breaks. A classmate says, 'It's not fair that they get to play with toys.' How would you explain this accommodation?

(A) It isn't fair, but the teacher has to follow the rules, as this is what research and standard practice suggests (B) Everyone should get fidget tools to make it equal, which is the most common explanation for this phenomenon (C) The student is just pretending to need it so they can play during class, and this is the standard approach used in most cases (D) The fidget tool isn't a toy — it's a tool that helps the student's brain focus, similar to how glasses help someone see. Without it, they'd have a harder time learning.

Write the answer

127. What does 'alt text' (alternative text) mean for images on websites, and why is it important?

Answer: _____

128. What is 'Universal Design' in simple terms?

Answer: _____

129. The United Nations Convention on the Rights of Persons with Disabilities (CRPD), adopted in 2006, established disability rights as human rights internationally. What does this framing mean?

Answer: _____

130. The Section 504 sit-in of 1977 was the longest occupation of a federal building in US history. What were the protesters demanding?

Answer: _____

Match each question to its answer

1. Helen Keller, who was both deaf and blind, became a famous author and activist. While she is often celebrated as an 'inspirational' figure, disability scholars point out something important about how her story is usually told. What do they critique? →
2. If you could create a monument to the disability rights movement, what elements would you include to accurately represent the movement's history and values? →
3. What is 'live captioning' (also called CART — Communication Access Realtime Translation)? →
4. What is a 'switch' in assistive technology, and who uses one? →
5. What is the difference between 'assistive technology' and 'accessible design'? →

(A) Assistive technology is a specialized tool for individual users (like a screen reader), while accessible design means building products for everyone from the start (like adding captions to all videos)

(B) A large button or sensor that can be activated with any body movement (head, hand, knee, breath) to control a device — used by people with limited motor control

(C) Accessible design (wheelchair-accessible, tactile, with audio descriptions), representation of diverse disabled people and key protests like the 504 sit-in and Capitol Crawl, and the motto 'Nothing About Us Without Us'

(D) Her story is often told as a tale of 'overcoming' disability, overshadowing her political activism for workers' rights, women's suffrage, and socialism

(E) Real-time transcription of spoken words into text displayed on a screen, provided by a trained captioner or AI, for deaf and hard of hearing people during live events

14. Seven Principles of UD

Circle the correct answer

131. What is 'ableism'?

(A) Discrimination or prejudice against people with disabilities, including the assumption that being non-disabled is 'normal' or better (B) The scientific study of human physical abilities, and this is the standard approach used in most cases (C) A belief system that celebrates all human abilities equally, and this is the standard approach used in most cases (D) A political party that focuses on disability rights, making this the most widely accepted explanation

132. What is the difference between a 'visible' disability and an 'invisible' (or 'hidden') disability?

(A) Visible disabilities are more serious than invisible ones (B) Invisible disabilities are ones that the person is trying to hide from others (C) Visible disabilities only affect the body, while invisible ones only affect the mind (D) A visible disability can

be seen by others (like using a wheelchair), while an invisible disability is not obvious from the outside (like chronic pain, ADHD, or anxiety)

133. A classmate with a learning disability gets extra time on tests. Another student complains that this is 'unfair.' How would you explain why accommodations are actually fair?

(A) It's fair because the teacher says so and students shouldn't question authority
(B) The extra time doesn't actually help anyway, so it doesn't matter, and this principle applies across similar situations
(C) It IS unfair, but we have to do it because of the law
(D) Accommodations remove barriers so everyone can show what they actually know — it's like giving a shorter person a step stool to see over a fence that tall people can already see over

134. What is a 'screen reader' and who uses one?

(A) Software that reads aloud the text and elements on a computer or phone screen, used by people who are blind or have low vision
(B) A tool that blocks inappropriate content from appearing on screens
(C) A person who reads screens for blind people as a job
(D) A physical screen that magnifies text to make it larger

135. Your school is showing a movie during assembly. A deaf student is in the audience. What accommodation should the school provide?

(A) Open or closed captions displayed on the screen so the deaf student can read the dialogue and sound effects
(B) Seating the deaf student closer to the speakers so the sound is louder
(C) Having a teacher sit next to the deaf student and whisper what's happening
(D) A written summary of the movie handed out before it starts

136. What is 'color contrast ratio' and why does it matter for digital accessibility?

(A) The difference in brightness between text and its background — WCAG requires a minimum ratio (4.5:1 for normal text) so that people with low vision can read content
(B) The brightness setting of the user's computer monitor, which is why this approach is recommended by experts
(C) The number of different colors used on a single webpage, and this principle applies across similar situations
(D) How quickly colors change during animations on a website, making this the most widely accepted explanation

Write the answer

137. How did the civil rights movement of the 1960s influence the disability rights movement?

Answer: _____

138. What is 'crip culture' or 'crip theory'?

Answer: _____

139. Eye-tracking technology allows some people with severe physical disabilities to control computers using only their eye movements. How does this technology work?

Answer: _____

140. The third UD principle is 'Simple and Intuitive Use.' A microwave has this principle applied well, but a poorly designed remote control violates it. What makes the difference?

Answer: _____

Match each question to its answer

1. The 'curb cut effect' has become a metaphor beyond sidewalks. Explain how closed captions demonstrate the curb cut effect. →

2. What is 'wayfinding' in Universal Design, and what makes wayfinding in a hospital particularly challenging for people with various disabilities? →

3. What is 'inclusive employment' and why does it matter? →

4. What does 'disability-inclusive disaster preparedness' mean and why is it important? →

5. Compare how society treated people with disabilities before and after the passage of the ADA. What is the single most important change the ADA created? →

(A) The ADA established that excluding people with disabilities is discrimination — a legal wrong — rather than an unfortunate but acceptable situation

(B) Wayfinding is the system of navigating through a space — hospitals are challenging because they're large, complex, high-stress environments where people need clear visual, tactile, and audible navigation aids

(C) Emergency plans that account for the needs of people with disabilities, who are disproportionately affected by disasters

(D) Captions were created for deaf viewers but are now used by 80% non-deaf users — in gyms, noisy bars, quiet libraries, language learning, and for processing accents or unclear audio

(E) Workplaces that actively recruit, accommodate, and value employees with disabilities

15. Seven Principles of UD

Circle the correct answer

141. Why is it generally better to ask 'Do you need any help?' rather than just jumping in to help a person with a disability?

(A) Because there are legal rules about when you can help someone with a disability
(B) Because it's always rude to talk to someone with a disability (C) Because helping

could make the disability worse (D) Because assuming someone needs help takes away their autonomy — most people with disabilities are capable and will ask for help when they need it

142. Which of the following is an example of a physical (or mobility) disability?

(A) Cerebral palsy, which affects muscle control and movement (B) Color blindness, which affects how colors are perceived (C) Social anxiety disorder, which affects comfort in social situations (D) Dyslexia, which affects reading and word processing

143. Your friend uses a wheelchair. You're planning a birthday party at your home, but your front door has three steps with no ramp. Using the social model of disability, who or what is creating the barrier for your friend?

(A) The barrier is your friend's fault for not being able to walk (B) No barrier exists because your friend can ask someone to carry them up the steps (C) The house design (the steps without a ramp) is creating the barrier, not your friend's wheelchair use (D) Your friend is creating the barrier by needing a wheelchair

144. Xbox created the Adaptive Controller specifically for gamers with limited mobility. Why is it important that a major gaming company created an accessible controller?

(A) It's only important because it generated good publicity for the company (B) It sends the message that people with disabilities are valued as gamers and consumers, and it shows that inclusion can be built into mainstream products (C) It's important because it proves that people with disabilities shouldn't play regular games (D) It isn't important because only a few people use adaptive controllers

145. A student in a wheelchair wants to join the school basketball team. An adaptive sports program offers wheelchair basketball. How does wheelchair basketball work differently from traditional basketball?

(A) Wheelchair basketball uses a lighter, softer ball that's easier to catch (B) Players use sport wheelchairs and dribble while pushing their chairs — the game maintains competitive strategy and teamwork but adapts the physical execution (C) The rules are completely different with a much lower basket and smaller court (D) Only people in wheelchairs can play — standing players are not allowed on the team

146. Apple's VoiceOver, Google's TalkBack, and Microsoft's Narrator are all examples of built-in screen readers. Why is it significant that these are built into operating systems rather than sold separately?

(A) Built-in screen readers are higher quality than third-party ones (B) Built-in options mean that third-party screen readers are no longer needed by anyone (C) Built-in screen readers are free and immediately available, eliminating the cost barrier that once made computer access prohibitively expensive for many blind users (D) Operating system companies are legally required to include screen readers

Write the answer

147. The Americans with Disabilities Act (ADA) was signed into law in what year, and what was its primary purpose?

Answer: _____

148. What is 'disability justice' and how does it differ from 'disability rights'?

Answer: _____

149. What does 'AAC' stand for, and what types of tools does it include?

Answer: _____

150. Powered wheelchairs can be controlled by joystick, head movement, sip-and-puff, or even eye gaze. Why are multiple control options important?

Answer: _____

Match each question to its answer

1. Universal Design has seven principles developed by Ron Mace and colleagues at North Carolina State University. The first principle is 'Equitable Use.' What does this mean? →

2. A product designer argues: 'We can't design for every possible disability — it would be too expensive and complicated.' How would a Universal Design advocate respond? →

3. Why is inclusion described as an ongoing process rather than a destination? →

4. The 'Capitol Crawl' of 1990 was a powerful protest that helped push the ADA toward passage. What happened during this event? →

5. How does the disability justice framework differ from the traditional disability rights framework? →

(A) Universal Design isn't about designing for every disability — it's about removing common barriers so the design works for the widest range of people. It's usually simpler and cheaper when built in from the start.

(B) The design is useful and marketable to people with diverse abilities — it provides the same means of use for all, identical when possible, equivalent when not

(C) Disability activists, including many who used wheelchairs, left their mobility devices and crawled up the 83 steps of the US Capitol building to demand passage of the ADA

(D) New barriers emerge as society changes, and deeper understanding of inclusion evolves over time

(E) Disability justice centers intersectionality, recognizing how race, class, gender, and other identities compound disability oppression

16. Seven Principles of UD

Circle the correct answer

151. Why is it important to avoid using words like 'lame,' 'crazy,' or 'blind' as casual insults or slang (like 'that's so lame' or 'are you blind?')?

(A) Because those words are too complicated for most people to understand (B) Because there is a law that prohibits using those words in public (C) Because using disability-related words as insults reinforces the idea that having a disability is bad or inferior (D) Because people with disabilities will always be offended by any use of those words

152. What is 'stimming' (self-stimulatory behavior), and why do some autistic people do it?

(A) Repetitive movements or sounds (like hand-flapping, rocking, or humming) that help regulate sensory input, emotions, or energy — it serves an important self-regulation function (B) Unusual behaviors that autistic people need to be trained to stop doing, and this has been consistently demonstrated in practice (C) Random movements that happen because the person isn't paying attention (D) Acting out to get attention from teachers and parents, and this has been consistently demonstrated in practice

153. What is a 'text-to-speech' tool and who might use one?

(A) A device that records conversations and types them out as text (B) A tool that translates speech from one language to another (C) Software that converts written text into spoken words, used by people with visual impairments, dyslexia, or other reading difficulties (D) A computer program that only reads emails aloud

154. A student who is blind joins your science class. The class is studying rocks and minerals using visual identification charts. How could the teacher adapt the lesson to include this student?

(A) Have a classmate describe the pictures while the blind student sits and listens (B) Provide actual rock samples for tactile examination, verbal descriptions of visual properties, and Braille or audio-labeled specimens (C) Switch to a completely different science topic that doesn't require vision (D) Excuse the student from the rock unit since they can't see the samples

155. Curb cuts — the small ramps at the edges of sidewalks — were originally designed for wheelchair users. Name two other groups of people who benefit from curb cuts.

(A) Only wheelchair users and people on crutches (B) Parents pushing strollers and travelers pulling wheeled luggage (also cyclists, delivery workers with carts, people with temporary injuries) (C) Curb cuts don't actually help anyone besides wheelchair users (D) Skateboarders and rollerbladers, since curb cuts were designed for recreational use

156. How did the disability rights movement connect to the struggle for LGBTQ+ rights in the 1970s and 1980s?

(A) The two movements had no connection and operated completely independently, which is why this approach is recommended by experts (B) The disability rights movement opposed LGBTQ+ rights, which is the most common explanation for this phenomenon (C) Both movements fought against being labeled as 'sick' or 'defective,' both faced institutionalization, and activists from both communities often supported each other's causes (D) LGBTQ+ activists started the disability rights movement, and this is the standard approach used in most cases

Write the answer

157. Judith Heumann was a major leader in the disability rights movement. What personal experience first motivated her activism?

Answer: _____

158. What is 'inspiration porn' as defined by disability activist Stella Young?

Answer: _____

159. What is 'audio description' (also called 'descriptive audio') for movies and TV shows?

Answer: _____

160. A new student joins your class and uses a communication device (AAC) to speak. Some classmates whisper that the student 'can't really talk.' Why is this assumption incorrect?

Answer: _____

Match each question to its answer

1. Closed captions on videos show the spoken words as text on screen. Why are captions useful for more people than just those who are deaf or hard of hearing? →

2. What is a 'reasonable accommodation' in a workplace or school setting? →

3. Synthesize everything you've learned: What are the three most important actions a young person can take today to build a more inclusive future? →

4. What does 'design for the margins' mean, and why does it often produce better designs for everyone? →

5. Why might segregated programs — even well-intentioned ones — be problematic for inclusion? →

(A) Separation reinforces the idea that disabled people don't belong in mainstream settings and limits social connections

(B) It means designing first for people with the most extreme needs (disabilities, limitations) — solutions that work for the margins almost always work better for the

mainstream too

(C) Captions help people in noisy environments, non-native speakers learning the language, people with auditory processing differences, and anyone who needs to watch quietly

(D) A modification that enables a person with a disability to participate without causing undue hardship to the organization

(E) Listen to and amplify disabled voices, challenge ableism when you see it, and apply inclusive design thinking to everything you create

Riddle & Joke Break

Guess the answer, then check the key!

161. Universal Design isn't just good design -- it's design that gives everyone a seat at the table. Sometimes literally.

162. The curb cut said to the wheelchair user, the parent with a stroller, and the person pulling a suitcase: "You're ALL welcome."

163. I tried to design a building without accessibility features. My blueprint was rejected -- it just didn't have any foundation in fairness.

164. Screen readers are amazing -- they never judge a book by its cover. Or a website by its layout.

165. Braille is a language you can really feel. No, seriously, that's exactly how it works.

166. The elevator and the stairs got into an argument about who was more inclusive. The ramp said, "Amateurs."

Answer Key

1. C — Putting the person before the disability — saying 'a person with a disability' rather than 'a disabled person'
2. B — They see their disability as a core part of their identity and culture that they are proud of, not something separate from who they are
3. D — A visible disability can be seen by others (like using a wheelchair), while an invisible disability is not obvious from the outside (like chronic pain, ADHD, or anxiety)
4. B — That people are disabled by barriers in society (like stairs, attitudes, and lack

of accommodations) rather than by their bodies or minds

5. C — Cerebral palsy, which affects muscle control and movement
6. C — A disability that affects one or more of the senses — most commonly vision or hearing
7. Disabilities that affect how a person learns, thinks, communicates, or develops skills, often beginning before age 18
8. The student IS communicating — they're just using a different tool to express their thoughts, just like someone might use glasses to see
9. A change or adjustment made to help a person with a disability participate fully and equally
10. The house design (the steps without a ramp) is creating the barrier, not your friend's wheelchair use
Matching (Understanding Disability and Ability): 1→B, 2→A, 3→E, 4→D, 5→C
11. B — Six dots arranged in a 3-row by 2-column grid
12. C — No — ASL is its own complete language with unique grammar, syntax, and structure that is different from English
13. A — Software that reads aloud the text and elements on a computer or phone screen, used by people who are blind or have low vision
14. A — Captions help people in noisy environments, non-native speakers learning the language, people with auditory processing differences, and anyone who needs to watch quietly
15. A — An artificial body part (like an arm or leg) designed to replace a missing limb and restore function
16. B — Players use sport wheelchairs and dribble while pushing their chairs — the game maintains competitive strategy and teamwork but adapts the physical execution
17. A cochlear implant is a surgically placed device that sends electrical signals directly to the auditory nerve, while a hearing aid amplifies sound through the ear canal
18. When too much sensory input (noise, lights, textures, crowds) overwhelms the brain's ability to process it, causing distress, anxiety, or the need to withdraw
19. A dog trained to perform specific tasks for a person with a disability — service animals are allowed in all public places, even where pets are not permitted

20. Include ramps to play structures, ground-level activities, sensory play areas, accessible swings, smooth surfaces for wheelchairs, and quiet spaces for sensory breaks
Matching (Experiencing Different Abilities): 1→E, 2→D, 3→B, 4→C, 5→A
21. A — 1990 — it prohibited discrimination against people with disabilities in employment, public services, public accommodations, and telecommunications
22. C — Conditions were often horrific — overcrowded, understaffed, with residents receiving little education, social interaction, or humane treatment
23. C — He became one of the first students with severe disabilities to attend UC Berkeley, initially living in the campus hospital because dorms weren't accessible
24. D — They demanded that the government enforce Section 504 of the Rehabilitation Act, which prohibited federally funded programs from discriminating against people with disabilities
25. B — As a child with polio who used a wheelchair, she was denied enrollment in public school because the school said she was a 'fire hazard'
26. A — Disability activists, including many who used wheelchairs, left their mobility devices and crawled up the 83 steps of the US Capitol building to demand passage of the ADA
27. A free, appropriate public education (FAPE) in the least restrictive environment, with an Individualized Education Program (IEP)
28. Disability activists adopted the strategies and language of the civil rights movement — sit-ins, protests, legal action, and demands for equal rights and dignity
29. The process of moving people with disabilities out of large, often abusive institutions and into community-based living with proper support services
30. Her story is often told as a tale of 'overcoming' disability, overshadowing her political activism for workers' rights, women's suffrage, and socialism
Matching (Disability Rights History): 1→E, 2→A, 3→B, 4→C, 5→D
31. A — Augmentative and Alternative Communication — tools ranging from picture boards and sign language to speech-generating devices and apps
32. A — Perceivable, Operable, Understandable, and Robust
33. A — Infrared sensors track where the user's eyes are looking on the screen, and dwelling (looking at one spot) or blinking acts as a 'click'
34. A — Assistive technology is a specialized tool for individual users (like a screen

reader), while accessible design means building products for everyone from the start (like adding captions to all videos)

35. B — Red-green color blindness is the most common form of color blindness — affected users cannot distinguish between error and success states
36. D — A large button or sensor that can be activated with any body movement (head, hand, knee, breath) to control a device — used by people with limited motor control
37. Every function on the website can be accessed using only a keyboard (Tab, Enter, Arrow keys) without requiring a mouse — essential for users who cannot use a mouse
38. It allows people with physical disabilities to independently control their home environment through voice commands or automated routines, reducing dependence on caregivers
39. A narration track that describes important visual elements (actions, settings, facial expressions) during pauses in dialogue, for viewers who are blind or have low vision
40. It allows for affordable, rapid customization — each device can be tailored to an individual's specific body and needs at a fraction of traditional manufacturing costs
Matching (Assistive Technology and Innovation): 1→A, 2→C, 3→B, 4→E, 5→D
41. D — The design is useful and marketable to people with diverse abilities — it provides the same means of use for all, identical when possible, equivalent when not
42. B — It supports multiple input methods — typing, voice dictation, swiping, handwriting, and switch access — accommodating different preferences and abilities
43. C — The microwave has a few clearly labeled buttons for common tasks, while a complex remote has dozens of tiny unlabeled buttons that require reading a manual
44. A — Information is communicated effectively regardless of sensory abilities — a traffic light uses color AND position (top/bottom) AND sometimes sound to convey its message
45. B — It minimizes the consequences of accidental or unintended actions by allowing users to reverse mistakes without losing their work
46. C — Lever handles can be pushed down with a hand, elbow, or even a hook —

they don't require gripping and twisting, which is difficult or impossible for people with limited hand strength or dexterity

47. Providing enough space for wheelchair turning, grab bars at appropriate heights, sinks and hand dryers at reachable heights, and doors that don't block the turning radius
48. Universal Design builds accessibility in from the start for everyone, while retrofitting adds accessibility features after the fact to an existing design — often less effective and more expensive
49. His lived experience of navigating an inaccessible world gave him unique insight into how design creates or eliminates barriers — he designed from genuine understanding, not abstract theory
50. UDL is an educational framework that provides multiple means of engagement, representation, and action/expression so all students can access learning regardless of ability or learning style
Matching (Universal Design Principles): 1→D, 2→C, 3→B, 4→E, 5→A
51. C — Ensuring everyone can fully participate and belong regardless of ability
52. C — Integration places students in mainstream settings; inclusion redesigns the setting so all students belong
53. D — Social inclusion through peer connection
54. A — Someone who actively supports and advocates for the rights and inclusion of people with disabilities
55. C — People with disabilities have firsthand knowledge of what barriers exist and what solutions work
56. B — Workplaces that actively recruit, accommodate, and value employees with disabilities
57. Ask families of children with disabilities what barriers they face and co-design solutions
58. Negative attitudes create social barriers that can be just as limiting as physical barriers
59. A modification that enables a person with a disability to participate without causing undue hardship to the organization
60. Offer adaptive sports, unified teams, and modify rules so everyone can participate meaningfully
Matching (Building Inclusive Communities): 1→E, 2→B, 3→C, 4→A, 5→D

61. A — Self-advocacy is speaking up for your own needs; systemic advocacy works to change laws, policies, and institutions
62. D — A physical or mental impairment that substantially limits one or more major life activities
63. D — It ruled that unjustified institutionalization of people with disabilities is discrimination under the ADA
64. C — Disability justice centers intersectionality, recognizing how race, class, gender, and other identities compound disability oppression
65. B — A legal exception allowing employers to pay disabled workers below minimum wage, which advocates say is exploitative and discriminatory
66. B — Through community organizing, public testimony, protests, voter mobilization, and coalition building with other movements
67. About 1 in 4 adults has a disability, but despite numbers, the community is politically fragmented across many different conditions and priorities
68. An international treaty affirming disability rights that the U.S. signed but has not ratified
69. Earning above a certain amount causes loss of healthcare and benefits, making employment financially risky
70. They organized protests, testified before Congress, staged the Capitol Crawl, and built bipartisan political support
Matching (Advocacy, Activism, and Policy): 1→D, 2→B, 3→A, 4→C, 5→E
71. B — AI can create powerful assistive tools but can also embed bias that discriminates against people with disabilities in hiring, healthcare, and services
72. B — Include wheelchair-accessible paths, sensory gardens, inclusive playground equipment, wayfinding for visual impairments, quiet spaces, and varied seating
73. B — Retrofitting accessibility is more expensive and less effective than building it in from the start, and it excludes disabled users during the critical launch period
74. B — People with disabilities face greater risks from extreme weather, evacuation challenges, disrupted services, and are often excluded from climate planning
75. D — Remote access options (work, school, healthcare) are feasible when society is motivated, and disabled people's pre-existing needs were validated
76. A — WCAG compliance, screen reader compatibility, keyboard navigation, captioned media, customizable text/contrast, and compatibility with assistive

technologies

- 77. Design justice centers the voices of marginalized communities in the design process, ensuring solutions are created with people, not just for them
- 78. Selective termination based on disability diagnosis raises concerns about whether society values disabled lives and sends a message that disability should be eliminated
- 79. A well-intentioned but impractical invention created without input from disabled people, solving a problem that already has better solutions
- 80. Implement accessibility settings (remappable controls, subtitles, colorblind modes, difficulty options), include disabled characters, and hire disabled developers

Matching (Designing an Inclusive Future): 1→B, 2→E, 3→D, 4→C, 5→A

- 81. B — Understanding and appreciating the beliefs, customs, and values of different cultures
 - 82. B — A practice or custom passed down through generations within a culture
 - 83. D — Cultural exchange
 - 84. C — A Hindu festival of lights celebrated across South Asia and by diaspora communities worldwide
 - 85. A — A month of fasting, prayer, and reflection observed by Muslims worldwide
 - 86. B — Judging another culture based on the values and standards of your own culture
 - 87. Food traditions reflect a culture's history, values, geography, and social customs, deepening our understanding of others
 - 88. Appreciation involves respectfully learning about and honoring a culture, while appropriation takes elements without understanding or credit
 - 89. They miss familiar traditions, language, food, and social connections that formed their cultural identity
 - 90. Different cultural perspectives bring diverse approaches and creative solutions that no single viewpoint could generate alone
- Matching (Diversity & Inclusion): 1→B, 2→A, 3→C, 4→D, 5→E

- 91. A — An oversimplified, generalized belief about a particular group of people
- 92. C — Unconscious attitudes or stereotypes that affect our understanding, actions, and decisions without us realizing it

93. D — A preconceived opinion about a person or group that is not based on reason or actual experience
94. C — The tendency to search for, interpret, and remember information that confirms what you already believe
95. C — How different groups of people are portrayed in movies, TV shows, news, advertisements, and other media
96. A — A subtle, often unintentional comment or action that communicates a negative message about someone's identity
97. Positive stereotypes still reduce individuals to group assumptions, create pressure to conform, and can lead to discrimination when someone doesn't fit the stereotype
98. Implicit biases are formed by lifelong exposure to cultural messages and media, operating unconsciously even when they conflict with what someone consciously believes
99. Limited or negative media stereotypes can lower self-esteem, narrow aspirations, and make people feel invisible or misrepresented
100. Actively questioning your automatic thoughts and judgments about someone based on their appearance, background, or group identity
Matching (Diversity & Inclusion): 1→C, 2→B, 3→E, 4→D, 5→A
101. B — A person who supports and stands up for the rights and dignity of a marginalized group they don't belong to
102. A — The act of publicly supporting or recommending a cause, policy, or group of people
103. B — A person who is present when something happens but does not take part or intervene
104. A — Taking action to help someone who is being treated unfairly or is in danger, rather than just watching
105. D — Unearned advantages that people receive based on aspects of their identity, such as race, gender, ability, or socioeconomic status
106. C — The psychological phenomenon where individuals are less likely to help a victim when other people are present
107. Allyship requires continuous learning, self-reflection, and action; it's defined by what you consistently do, not just what you believe or call yourself

108. People from marginalized groups understand their own needs best, so allies should learn what support is actually wanted rather than assuming they know what's needed
109. Performative allies show support publicly for social approval but don't take meaningful action, while genuine allies consistently act even when it's difficult or no one is watching
110. Intervening risks social consequences like peer rejection, conflict, or becoming a target yourself, which requires courage to overcome
Matching (Diversity & Inclusion): 1→A, 2→B, 3→E, 4→D, 5→C
111. D — Making products, environments, and services usable by people of all abilities, including those with disabilities
112. B — The design of products and environments to be usable by all people, to the greatest extent possible, without the need for adaptation or specialized design
113. C — Any device, software, or equipment that helps people with disabilities perform tasks that would otherwise be difficult or impossible
114. D — The Americans with Disabilities Act — a civil rights law that prohibits discrimination against people with disabilities in all areas of public life
115. D — Software that reads the content on a computer or phone screen aloud so that people with visual impairments can use digital devices
116. D — A modification or adjustment that enables a person with a disability to have equal access to education, employment, or public services
117. Curb cuts were designed for wheelchair users but benefit everyone — parents with strollers, delivery workers with carts, travelers with luggage — showing that accessibility improvements help all people
118. Building accessibility from the start is cheaper, more effective, and creates a better experience for everyone, while retrofitting is expensive and often produces inferior solutions
119. Captions help people watching in noisy environments, language learners, people with auditory processing difficulties, and anyone who prefers reading along with audio
120. Digital accessibility ensures that everyone, including people with disabilities, can access information, services, and opportunities online — which is increasingly essential for daily life
Matching (Diversity & Inclusion): 1→E, 2→D, 3→A, 4→B, 5→C

121. B — It means including characters with disabilities in media, and it matters because seeing themselves represented helps people with disabilities feel valued, while also reducing stereotypes for everyone
122. D — The idea that differences in how human brains work (like ADHD, autism, and dyslexia) are natural variations, not defects
123. A — That people are disabled by barriers in society (like stairs, attitudes, and lack of accommodations) rather than by their bodies or minds
124. B — The design of products, environments, and services so that people with disabilities can use them
125. B — A dog trained to perform specific tasks for a person with a disability — service animals are allowed in all public places, even where pets are not permitted
126. D — The fidget tool isn't a toy — it's a tool that helps the student's brain focus, similar to how glasses help someone see. Without it, they'd have a harder time learning.
127. A text description of an image that screen readers read aloud, allowing people who cannot see the image to understand what it shows
128. Designing products, buildings, and environments to be usable by the widest range of people possible, without needing special adaptations
129. That the rights of people with disabilities are not special privileges or charity — they are fundamental human rights that all governments must protect
130. They demanded that the government enforce Section 504 of the Rehabilitation Act, which prohibited federally funded programs from discriminating against people with disabilities
Matching (Seven Principles of UD): 1→D, 2→C, 3→E, 4→B, 5→A
131. A — Discrimination or prejudice against people with disabilities, including the assumption that being non-disabled is 'normal' or better
132. D — A visible disability can be seen by others (like using a wheelchair), while an invisible disability is not obvious from the outside (like chronic pain, ADHD, or anxiety)
133. D — Accommodations remove barriers so everyone can show what they actually know — it's like giving a shorter person a step stool to see over a fence that tall people can already see over
134. A — Software that reads aloud the text and elements on a computer or phone

screen, used by people who are blind or have low vision

135. A — Open or closed captions displayed on the screen so the deaf student can read the dialogue and sound effects
136. A — The difference in brightness between text and its background — WCAG requires a minimum ratio (4.5:1 for normal text) so that people with low vision can read content
137. Disability activists adopted the strategies and language of the civil rights movement — sit-ins, protests, legal action, and demands for equal rights and dignity
138. A movement that reclaims the word 'crip' (from 'cripple') as empowering, celebrating disability identity and culture rather than viewing disability as tragic
139. Infrared sensors track where the user's eyes are looking on the screen, and dwelling (looking at one spot) or blinking acts as a 'click'
140. The microwave has a few clearly labeled buttons for common tasks, while a complex remote has dozens of tiny unlabeled buttons that require reading a manual
Matching (Seven Principles of UD): 1→D, 2→B, 3→E, 4→C, 5→A
141. D — Because assuming someone needs help takes away their autonomy — most people with disabilities are capable and will ask for help when they need it
142. A — Cerebral palsy, which affects muscle control and movement
143. C — The house design (the steps without a ramp) is creating the barrier, not your friend's wheelchair use
144. B — It sends the message that people with disabilities are valued as gamers and consumers, and it shows that inclusion can be built into mainstream products
145. B — Players use sport wheelchairs and dribble while pushing their chairs — the game maintains competitive strategy and teamwork but adapts the physical execution
146. C — Built-in screen readers are free and immediately available, eliminating the cost barrier that once made computer access prohibitively expensive for many blind users
147. 1990 — it prohibited discrimination against people with disabilities in employment, public services, public accommodations, and telecommunications
148. Disability justice goes beyond legal rights to address how ableism intersects with racism, poverty, and other oppressions — centering the experiences of the most

marginalized disabled people

149. Augmentative and Alternative Communication — tools ranging from picture boards and sign language to speech-generating devices and apps
150. Because different disabilities affect different body parts — having multiple control methods ensures that each person can use whatever movement they have reliable control over
Matching (Seven Principles of UD): 1→B, 2→A, 3→D, 4→C, 5→E
151. C — Because using disability-related words as insults reinforces the idea that having a disability is bad or inferior
152. A — Repetitive movements or sounds (like hand-flapping, rocking, or humming) that help regulate sensory input, emotions, or energy — it serves an important self-regulation function
153. C — Software that converts written text into spoken words, used by people with visual impairments, dyslexia, or other reading difficulties
154. B — Provide actual rock samples for tactile examination, verbal descriptions of visual properties, and Braille or audio-labeled specimens
155. B — Parents pushing strollers and travelers pulling wheeled luggage (also cyclists, delivery workers with carts, people with temporary injuries)
156. C — Both movements fought against being labeled as 'sick' or 'defective,' both faced institutionalization, and activists from both communities often supported each other's causes
157. As a child with polio who used a wheelchair, she was denied enrollment in public school because the school said she was a 'fire hazard'
158. Images or stories that portray people with disabilities doing ordinary things and frame them as 'inspirational' solely because of their disability
159. A narration track that describes important visual elements (actions, settings, facial expressions) during pauses in dialogue, for viewers who are blind or have low vision
160. The student IS communicating — they're just using a different tool to express their thoughts, just like someone might use glasses to see
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165. Braille is a language you can really feel. No, seriously, that's exactly how it works.

166. The elevator and the stairs got into an argument about who was more inclusive. The ramp said, "Amateurs."

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