

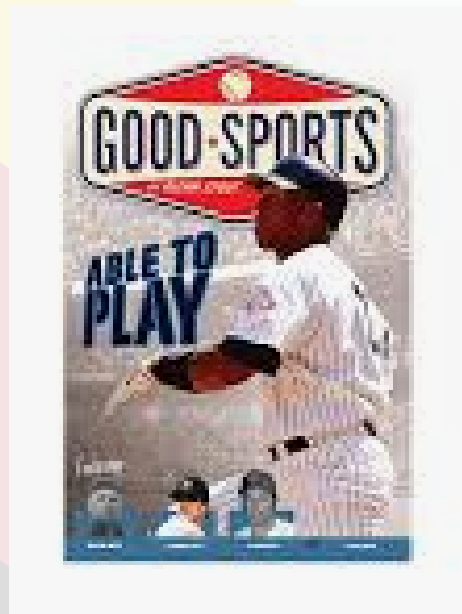
# Welcome to Missouri Disability Pride Adventure

## Activities

### Watch a Movie or Read a Book About Disability

Learning about disability can help you understand different experiences and stories.

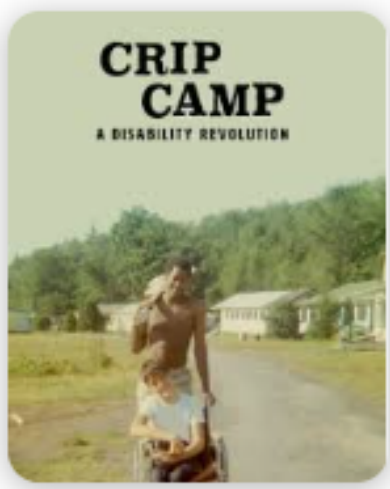
For this activity, pick a movie to watch or a book to read that talks about disability. You can rent a movie, stream one online, or check out a book from your local library.



**[Click here to download the book suggestion list](#)**

# Welcome to Missouri Disability Pride Adventure

## Movies:



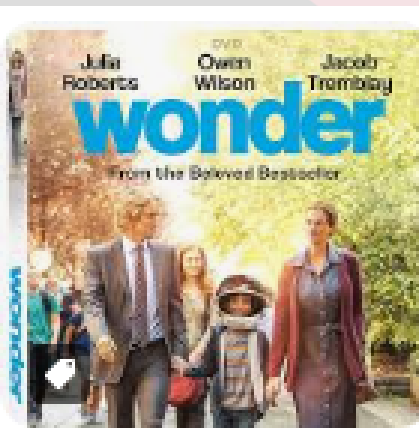
### **Crimp Camp**

A documentary about a summer camp for teenagers with disabilities that helped start the disability rights movement.



### **The Peanut Butter Falcon**

A story about a young man with Down syndrome who follows his dream of becoming a wrestler.



### **Wonder**

A movie about a boy with a facial difference and how he faces challenges at school.

# Missouri Disability Pride Adventure

## Attend a Disability-Related Webinar

A webinar is an online event where people talk and share ideas about different topics.

For this activity, find and attend a webinar about disability. Webinars can teach you about disability rights, accessibility, and the experiences of people with disabilities.

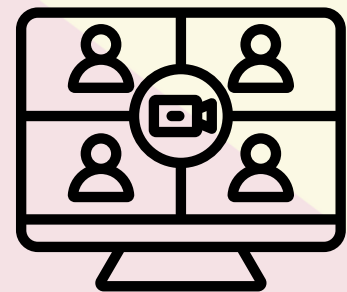
Watch for updates on our partner organizations' websites and social media pages. Look for topics like disability history, inclusion, or personal stories.

After the webinar, think about what you learned and how it can help you support and understand the disability community better!

### Webinars from Southeast ADA Center - Webinars

[mindspringhealth.org/get-involved/webinars-and-events](https://mindspringhealth.org/get-involved/webinars-and-events)

ACC in the Cloud



# Missouri Disability Pride Adventure

## Educate Others About Disability

Talking to people about disability helps them understand and be more supportive.

For this activity, share what you know about disability with a friend, family member, or coworker. You can talk about disability rights, accessibility, or the experiences of people with disabilities.

Conversation starters:

- Did you know that July is Disability Pride Month? It celebrates the rights and achievements of people with disabilities.
- The Americans with Disabilities Act (ADA) was passed in 1990. It helps ensure people with disabilities have the same rights as everyone else.
- Not all disabilities are visible (e.g., chronic pain, learning disabilities, or mental health conditions).
- Accessibility is essential for everyone. Have you considered how ramps, captions, or screen readers can help people?



# Missouri Disability Pride Adventure

## Attend a Disability Celebration Event

Disability celebration events are a great way to learn, have fun, and meet people in the disability community.

These events celebrate achievements, history, and pride.

Examples of events:

- Disability Pride event in July
- Speaker sharing their story
- Art show featuring disabled artists
- A play or performance about disability experiences



# Missouri Disability Pride Adventure

## Talk to a Legislator (bill)

A legislator is a person who helps make laws. They can be a senator, representative, or other government leader. Talking to them about disability issues can help improve the lives of people with disabilities.

For this activity, you can:

- Call or email a legislator about an issue that matters to you.
- Write a letter sharing your story or asking for change.
- Visit their office or attend a meeting.

### Example:

Hello, my name is [Your Name], and I care about disability rights. I want to talk about [issues, like accessibility, health care, or education] because it affects people with disabilities. Your voice is important! Legislators need to hear from you to help make good decisions.



# Missouri Disability Pride Adventure

## Visit the Wolfner Talking Book and Braille Library

The Wolfner Talking Book and Braille Library is a special library in Jefferson City, Missouri. It has audiobooks, Braille books, and large-print books for people who are blind, have low vision, or have trouble reading regular books.

The library also has free programs and services for people in Missouri. You can even sign up to borrow books by mail or online! It's a great way to learn about different ways people read and enjoy stories.



# Missouri Disability Pride Adventure

## Take a Sign Language Class

Learning American Sign Language (ASL) is a great way to communicate with people who are Deaf or hard of hearing.

ASL uses hand signs, facial expressions, and body movements instead of spoken words.

You can find classes online or in person at places like [DEAF INC](#)

[ASL class link](#)



# Missouri Disability Pride Adventure

## Support a Disability-Owned Business

Buying from a disability-owned business helps support entrepreneurs with disabilities.

### Ideas:

- Shop or dine at a disability-owned business.
- Buy art or crafts from disabled artists.
- Share about them on social media.

### Examples:

1. Pioneer Bakery – St. Louis
2. Artist First – St. Louis
3. Jordan's Summer Shirt Project – Online
4. Billy Footwear – Online
5. Mallory Paige Designs – Online

