

*Everybody Belongs. Everybody Serves.*

# Let's end #AbleismAtChurch

## What is ableism?

Definitions of ableism are complex and layered:

- Attitudes, actions, and/or circumstances that devalue people because they have a disability or are perceived as having a disability.
- Intentional or unintentional discrimination or oppression of disabled individuals.
- Anything that positions a person without a disability over a person with a disability, solely based on disability or differences in ability.
- Attitudes, actions, or systems that consider a person with a disability as inferior.

[Take our quiz on the back](#)



Reformed Church in America  
Christian Reformed Church

**Disability  
Concerns**

## Ableism quiz

Select true or false for each of the following statements



1. Hymns and liturgies regularly equate disabilities such as blindness and deafness with sin, and Christians have told individuals their disability is a result of sin in their life.  
☐ True ☐ False
2. Families of children with atypical, disability-related behaviors are often asked to leave and find a church that better meets their needs.  
☐ True ☐ False
3. Individuals who were taught ableist beliefs as children usually grow out of them.  
☐ True ☐ False
4. In the social model of disability, individuals with disabilities have deficits that need fixing.  
☐ True ☐ False
5. Ableist beliefs and behaviors don't raise red flags because they're woven into the fabric of everyday life and simply accepted as the norm.  
☐ True ☐ False
6. Many disabled people have been led to believe that their lives are not worth living.  
☐ True ☐ False
7. People with disabilities are not ableist toward other disabled people.  
☐ True ☐ False

### Quiz answers:

1) True. 2) True. 3) False—people may retain ableist beliefs they were taught as children unless challenged by exposure or education. 4) False—the medical model of disability tries to fix the individual; the social model says we ourselves create most barriers to participation. 5) True. 6) True. 7) False—unless they've worked hard not to be, disabled people can be just as ableist as anyone.

For more, go to [bit.ly/ableismatchurch](https://bit.ly/ableismatchurch)

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