

13 Some useful quotations

Quotations can be used as the basis for discussions and small-group activities. Make a collection for your own use, or adapt the following to fit your context.

1. 'Impairments can be endured, but the lack of human rights, the marginalisation and exclusion, the deprivation of equal opportunities and the institutional discrimination that disabled people face cannot be endured and can no longer be tolerated.' – Maria Rantho, Disabled Peoples' International (DPI)
2. 'The destiny of human rights is in the hands of *all* our citizens in all our communities.' – Eleanor Roosevelt (emphasis added)
3. 'Nothing about us, without us.' – The motto of Disabled Peoples' International
4. 'If people feel good about themselves, they can start to create change.' – B. Venkatesh (India)
5. 'Design it right the first time.' – Principle of engineering
6. 'Do what you can, with what you have, where you are.' – Theodore Roosevelt
7. 'We live by encouragement and die without it. Slowly, sadly, and angrily.' – Celeste Holm
8. 'Self-deprecation is a characteristic of the oppressed, which derives from their internalisation of the opinion the oppressors hold of them. So often do they hear that they are good for nothing and incapable of learning anything – that they are sick, lazy and unproductive – that in the end they become convinced of their own unfitness.' – Paulo Freire
9. 'No one is going to put your rights on the table for you. You have to ask for them. It's also important to remember that if you think you can't fight the system by yourself ... find someone to help you fight.' – T. J. Monroe, People First, Hartford, Connecticut (USA)

10. 'Speak up for what you know is right and speak as one united voice. Remember: we have power in our hearts and in each other. We must break the silence.' – Bob Williamson, People First, Washington DC (USA)
11. 'Your attitude is my only handicap.' – Slogan from ADAPT demonstration
12. 'Universal rights begin in small places close to home. They are the world of the individual person; the neighbourhood he lives in; the school or college he attends; the factory, farm or office where he works. Such are the places where every man, woman and child seeks equal justice, equal opportunity, equal dignity without discrimination. Unless these rights have meaning there, they have little meaning anywhere.' – Eleanor Roosevelt, 1958
13. 'Piss on pity' – Slogan from ADAPT demonstration
14. 'Rights not charity.'

Other good quotations about disability-related subjects are to be found in Handout 23: How can I help? and Handout 35: Disabled women's voices.