

Let's Stop Using the R-Word.

The Developmental Disabilities Council of Oklahoma works to create a welcoming environment for everyone. To help with this, we must address the words we use, specifically the 'R-word.'

Recently, we have seen attempts to bring this word back into normal conversation. The use of this word hurts people. It is harmful whether it is used to spread hate or used carelessly to describe a mistake or a joke.

Words shape our community. When people with a public platform use this word, it sets a powerfully negative example. If they use demeaning language, it suggests that it is okay to disrespect people with intellectual and developmental disabilities. This undoes years of work toward respect and inclusion.

There is no place in our society for language that puts people down. We ask everyone whether you are a public leader or speaking in private to choose respect. We can support acceptance by changing our language, removing the R-word from our vocabulary, and using accurate alternatives like 'outlandish,' 'wild,' or 'ridiculous' when needing to describe something.

Thank you for standing with people with disabilities to create a culture where everyone is valued.

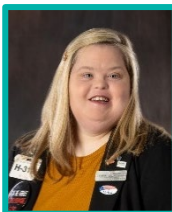
From Kodey Toney, Chair of the Developmental Disabilities Council of Oklahoma:



As an advocate for people with intellectual and developmental disabilities, I believe our words matter. Terms that have historically been used to demean or devalue people with disabilities are deeply hurtful, regardless of who says them or in what context. This is not about political correctness—it is about human dignity.

Language should never be used in a way that diminishes the worth of any individual. Within the disability community, we work every day to promote respect and understanding, and that begins with the words we choose.

From Heather Hancock-Blackburn, Member of the Developmental Disabilities Council of Oklahoma:



We should accept all people for who we are and our ability. Saying the R-word is wrong to say to someone.



Developmental Disabilities
Council of Oklahoma

[Check out the R-Word Hurts Campaign for resources.](#)