



## **Transcript for the video: MCC - offering and asking for assistance: Mental disability**

### **How would you introduce a student with disabilities to a general education classroom?**

It requires thoughtful planning and training, appropriate support, resources and personnel.

It's important to remember that if the child with some form of mental disability has never experienced an inclusive education, then chances are, neither has his or her peers. Students in the class might be curious about the situation and can have misconceptions about students with disabilities.

### **What to do?**

1. Allow students to ask questions
2. Dis-spell any myths and misunderstandings about students with disabilities.
3. Address student-specific issues that are important for the class to know about in order to interact and learn alongside each other.
4. Talk about the people we know with a disability. For example, (This and this person also has that disability...)
5. Provide an opportunity for students to become more understanding of people with disabilities by giving disability awareness lessons.
6. Remember, that discretion should be used when discussing the needs of the student with disabilities with others.

### **How to approach people with mental disability?**

1. Do not call them kids if they are older & Treat them as you would your peers. Do not speak down to them. They love a good joke, tease, or challenge just as we do.

2. Use clear, simplified language and try speaking slower, not louder. Speaking

more loudly won't make them understand you better.

3. Set expectations. Many of the participants in the activity need to know ahead of time what will happen. As you go through activities, describe what you will be doing now, and perhaps the next one or two steps that will follow as well.

4. Draw boundaries. Do not allow them to get away with bad behaviour—just as you wouldn't allow someone without intellectual disabilities to behave badly.

5. Ask them their thoughts and allow them to answer. Don't put words in their mouths.

6. Ask if you can help them before acting and assuming, they actually need help.

7. Expect to get many questions. They are very curious about what you are doing and also just about you. If the questions get too invasive, it's okay to say, "I'm not comfortable with answering that."

8. Have fun and enjoy their company! Be prepared for their bluntness. They tend to be very honest

9. Be enthusiastic, upbeat, and professional, if it's overwhelming, it's okay to ask for a break to reset where your mind is.

10. See the person. Beneath all the symptoms and behaviors someone with a mental illness may exhibit... is a PERSON who has many of the same wants, needs, dreams and desires as anyone else. Do not avoid people with mental health disabilities. If you are uncomfortable, learn more about mental illness. Kindness, courtesy, and patience usually smooth interactions with all kinds of people, including people who have a mental health disability.