Accessing Communication

Disability, Disclosure, & Communication film reflection sheet

IDENTITY DISCLOSURE

Refers to making part of one's identity that was previously unknown to another person, known. This can include telling someone or an organization about one's disability status, sexuality, gender, race, or many other identities. Disclosure is a personal choice that some can find stressful or unsafe.

Complete question one, then, with your instructor's guidance reflect on questions 2-5 in your chosen method.

1. How would you prefer to communicate your thoughts about this film and lesson? Consider how you prefer to communicate or reflect in your day-to-day life (via text, phone call, in person, journaling):
    a. Personal written reflection
    b. Creative written reflection
    c. Verbal discussion with others (conversation)
    d. Oral storytelling
    e. Visual reflection (collage, drawing, etc.)
    f. Other (i.e., dance, song, etc.): _____

2. Why did you choose the reflection method you did? What access needs of your own are you meeting right now (i.e., need for quiet, visual stimuli, minimal verbalization, increased communication, etc.).

3. What does disclosure mean to you? What factors of your identity, environment, safety, etc. do you consider when deciding to disclose part of your identity?

4. Have you experienced conflicting communication or access needs with someone before (i.e., you communicating verbally and them via body language)? How did you resolve the conflict? Has the video helped you reflect on this in a new way?