((chopping noise)) as Emily seems to be chopping something on her desk.

Screen fades to white background with orange and black OSU-OKC and Diversi-FIVE logos. Two lines of black text below the logos read, “Person First Before Disability, Emily Cheng, Director of Disability Services and Diversity.” Small video camera view of Emily in the lower right-hand corner of the screen. White background and soft, uplifting music with no vocals is present throughout the video.

**EMILY:** Oh hello! You caught me cutting vegetables for my lunch. Looks like it's time to start the show.

(Emily shows a cheesy grin)

**EMILY:** Hey everyone, this is Emily Cheng. I'm the Director of Disability Services and Diversity at OSU-OKC, coming at you with another of our Diversi-FIVE video series where we explore various diversity topics in five minutes or less! Today we're looking at the concept of putting a person first before their disability and what might change if we did that. As we move through the content, I'll be speaking aloud everything that's on the screen so this is accessible for our viewers who are blind or who have low vision or for those who are just more auditory learners and learn better by hearing.

Black text on screen reads, “disabled” and this word has a bright red “X” through it

**EMILY:** So we've got the word "disabled" displayed on the screen with a big red "X" through it. I've heard this word quite a few times in my life and I've got to say, it's probably one of my least favorite words in the English language.

On screen is a cartoon image of a man in a white shirt and blue jacket running and being swallowed by a large wave of yellow slime. The man disintegrates and disappears on the ground after being swallowed by the slime.

**EMILY:** When I hear the word "disabled," I picture a person who basically got attacked and swallowed alive by their disability, much like this charming cartoon picture of a guy running for his life and getting attacked by a giant puddle of slime.

Black text on screen reads, “person with a disability.” The word “person” is in green.

**EMILY:** When we shift our thinking and our perspective and most importantly our language to say PERSON with a disability, it's just a whole lot more empowering.

Black text on screen with three bullet points reads: “Empowering; Acknowledges that individuals are more (the word ‘more’ is in boldface type) than just their disability; Their disability doesn’t define who they are”

**EMILY:** It acknowledges that individuals are MORE than just their disability. They're doctors, they're engineers, they're teachers, they're parents, they're spouses. And their disability doesn't define who they are. They're a person first.

Black text on screen reads, “schizophrenic” and this word has a bright red “X” through it

**EMILY:** So, let's all commit to not using disempowering terms like "schizophrenic" or "epileptic."

Black text on screen reads, “epileptic” and this word has a bright red “X” through it

**EMILY:** And let's all save ourselves that internal facepalm that I know we're all going to have if we use these terms, much like this adorable picture of a cat flopping his head into a pillow.

On screen is an image of a gray cat flopping its head into a pillow.

Black text on screen reads, “person with [blank space],” and the word “person” is in green.

**EMILY:** And let's challenge ourselves to say PERSON with a disability instead. I think it can result in a whole lot more acceptance, inclusion, and empowerment for everyone.

Video fades to the same white background with the orange and black Diversi-FIVE logo centered at the top of the screen. Text below the logo appears, “How will YOU Diversi-FIVE? Have an idea for a future Diversi-FIVE topic? Want to talk about diversity and inclusion at OSU-OKC? We’ve got you. Disability Services and Diversity Office, Student Center, Room 136. (405) 945-3385. [diversity@osuokc.edu](mailto:diversity@osuokc.edu)”

**EMILY:** So how will YOU Diversi-FIVE? Do you have an idea for a future Diversi-FIVE topic or want to talk about diversity and inclusion here at OSU-OKC? I've got you. Contact me in the Disability Services and Diversity Office. I'm in the Student Center Room 136. I'm at 405-945-3385. And you can also email me at [diversity@osuokc.edu](mailto:diversity@osuokc.edu).

(Emily holds up a container of salad to the camera with a cheesy grin)

**EMILY:** Meanwhile, fresh greens for lunch! Healthy choices for healthy living.