**CHALLENGE YOUR THINKING**

**TRANSCRIPT**

Kaitlin - Questions I think are important to ask yourselves is what are your thoughts and beliefs around disability? When you think about disability, how does it make you feel? Do you have a sense of comfort or are you uncomfortable with the topic? Do you know much about it? Do you know much about domestic violence and how it looks for someone with disability?

Karni - Yeah look, the most disabling thing, for me, about having a disability is other people's assumptions about what I can and can't do.

Sam **-** The first step for someone to change their attitude is just to rethink what they've been thinking about people with disabilities in relationships.

Karni - Because just because I'm missing muscles with my muscle disease doesn't mean that I'm missing ambition. Doesn't mean that I'm missing the longing to be loved and have a family and be successful and travel and all of those things. So until we start treating our brothers and sisters with disabilities like humans that are going to have relationships, how am I to learn how to have a healthy one?

Kaitlin - We as a society often have a lot of really cruel myths about disability or about how someone with a disability should be treated. So we often see that we look at things like talking for someone or control of someone with disability is actually something caring or something the person needs instead of seeing it as abusive or controlling behaviour.

Karin - Particularly if a person is in a relationship with someone that isn't disabled, they... it's often just too hard for other people to comprehend that violence might be happening.

Jill **-** Not everyone, but a lot of people think that you're not bright and then if you got an intellectual disability, they're even less likely to believe you. But how would you make stuff like that up?

Sam **-** One of the misconceptions I think able bodied people have is that disabled people should be lucky to find a relationship no matter what the person's like. And if they're abusive they should be grateful that someone wants to be in a relationship with someone with a disability.

Karin - I usually find that by talking about it, that usually is enough for people to go 'Wow, I never had that insight before and that's really horrible. We should do something."

Kaitlin - Violence against someone with a disability is never okay, regardless of whether it's emotional, physical, verbal, sexual. People with disability are valuable in their own right, regardless of their disability, regardless of whether they work or don't work, regardless of whether they need care or not. And there is absolutely no reason anyone should experience abuse.