

# STAART Principles of Disability (SPoD)

These principles have been created by self-selected University of Greenwich disabled students, disabled graduates, and disabled staff:

1. Disability includes physical impairments; specific learning difficulties; mental health conditions; long-term health conditions; and/or potentially life-shortening illnesses.
2. We are not embarrassed and/or ashamed of our disabilities.
3. Some days are better than others.
4. Sometimes it may take us longer to work or study than our non-disabled peers, although sometimes we are quicker than our non-disabled peers to achieve the same results.
5. We are capable of great achievements.
6. Ninety-two per cent of our disabilities are not visible.
7. Disabled peers can be our greatest allies and successful supporters.
8. We are disabled people, not people with disabilities. We are (mostly) disabled by the environment and attitudes rather than our bodies and brains.
9. We are experts by experience (of our disability/disabilities).
10. We come in different shapes, sizes, colours, faiths, and genders.

Thank you to all the disabled students, graduates and staff members who contributed to the SPoD consultation. Although the SPoD belongs to the University of Greenwich, we have attached a **Creative Commons Licence** to enable other organisations to adopt the principles if they choose. If you have any comments/suggestions/queries, please email:

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