



Australian Government

Department of Health, Disability and Ageing

Attitudes about disability from young people

Summary Report





Australian Government

**Department of Health,
Disability and Ageing**

The Australian Government Department of Health Disability and Ageing wrote this.

We say **DHDA** for short.

When you see the word **we** it means DHDA.



We wrote this in an easy to read way.

We use pictures to explain some ideas.

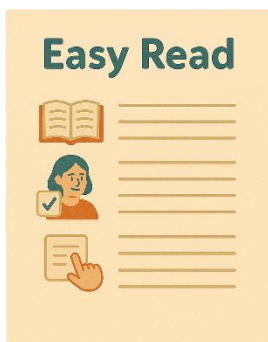
Bold

We have some words in **bold**.

Not bold

This means the letters are thicker and darker.

These are important words.



This is an Easy Read summary of another document.

This means it has the most important ideas.



We can answer any questions by email.

Email us

ADSDDataReporting@health.gov.au



You can ask for help to read this document.

You can ask

- A friend
- Family members
- A support person.



We recognise Aboriginal and Torres Strait Islander people as the **Traditional Owners** of the land we live on.



They were the **first people** to live on and use the

- Land
- Waters.

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What we did



Australian National University did **research** for DHDA.

They are called **ANU** for short.

Research means

- Finding out what people think about things
- Using the information to **help others**.



The research was about how young people think about disability.



The research was done with a small number of young people



- With disability



- **Without** disability



- Carers



- Who speak different languages
- From different cultures

Sometimes they are called **CALD**.

What we heard



Young people said they had experienced **attitudes** that were



- Good
- Bad.



Attitudes are what people



- Think
- Feel
- Believe.



Bad attitudes can be when people

- Think having disability is a problem



- Only see what people can **not** do

Rather than what they can do.



- Do not understand disability.



Bad attitudes can make it hard for young people with disability to take part in

- Education



- Work



- Community events.



Young people with disability said being different is **not** a bad thing.



Disability is **not** something

- Wrong
- Needing to be fixed.

Disability pride



Young people said **disability pride** was a good way to make attitudes better.



Disability pride is feeling good about being a person with disability.



Lots of young people

- Have pride in themselves



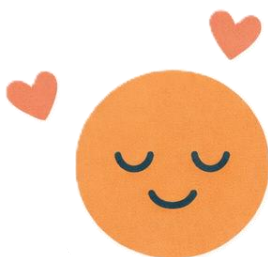
- See their disability as part of who they are.



This helps them with **barriers** in their life.

A barrier is something that stops you from doing what you

- Want
- Need.



Young people said disability pride helps them

- Be themselves
- Feel good about themselves.

Things that affect attitudes



Young people said there are lots of things that can affect attitudes about disability.

Like



- Having real life experience with people with disability



- Learning about disability at a young age



- How schools understand supporting young people with disability



- Where you live like



- Regional areas
- Remote areas



- How the **media** talks about disability



Media includes

- TV
- Radio
- Newspapers
- Websites
- Social media.



- Social media that shows people with disability
 - In everyday life
 - Being included.

Bad attitudes affect people with disability



Bad attitudes can make young people with disability have

- Bad mental health

Mental health is about how you

- Think
- Feel.



- Poor **wellbeing**

Wellbeing is about your mental **and physical** health.

Physical health is about your body.



Disability **rights** have got better.

Rights are **rules** about treating everyone

- Fair
- Equal.



But there are still lots of barriers.

The barriers could be

- Wrong ideas about disability
- The places around them

This makes it hard for people with disability to take part in their community.



Schools might think young people with disability can **not** do as much as people without disability.

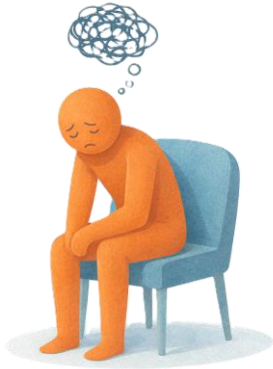


Teachers do **not**

- Get enough training



- Have enough ways to support young people with disability.



It can also be hard for young people with disability to get support at work.



Young carers talk about it being hard to

- Go to school or university



- Spend time with friends.



Young carers said it was hard because people did **not** know about their caring responsibilities.

Having better attitudes



Young people had ideas for how communities can think better about disability.



Young people think



- Communities should work on **awareness** activities with

- People with disability



- Their families



- Carers.



Awareness means more people know about something.



- There should be better training about disability in schools

This will help

- Teachers
- Staff
- Other children at school.



- Schools should teach everyone about disability



- Workplaces should have more training about disability

This should be for

- All workplaces
- Health
- **Transport.**



Transport is how people move from one place to another.

You can use

- Cars
- Buses
- Trains.



- Young people with disability should have more ways to connect with other people like them.

Social media



Lots of young people use social media like

- Instagram
- TikTok.



It can be used to help people change their ideas about disability.



It can show people with disability and

- The good things in their life



- The hard parts of their life



- What their life is like every day.



Seeing stories on social media from people with disability can help change attitudes.



Social media can also help young people with disability connect with other people.

Support services



It can be harder for young people with disability to take part if supports do **not** meet their needs.



Disability services need to be more

- **Accessible**

Accessible means everyone can use it.



- **Flexible**

Flexible means something that can change easily for different people.



Support services should also help

- Families



- Carers.

Recommendations



The research came up with **recommendations**.

Recommendations are ideas to do things better.



1. Use the **social model of disability**

The social model of disability is about barriers that happen because of the

- Environment
- Community
- Attitudes.

It does **not** try to fix your disability.



2. Have more awareness activities on social media



3. Have more ways for connecting for

- Young people with disability



- Families.



4. Support the needs of young people with disability in

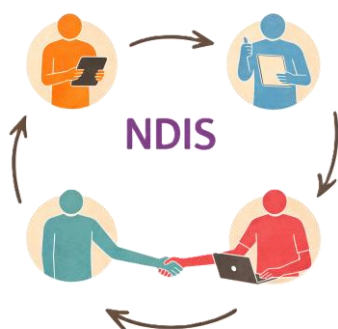
- Schools



- University



- Workplaces.



5. Make systems like the NDIS better for young people with disability.

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