

## Equity-Based Language Quick Cheat Sheet

<b>Worn out words</b> <i>Instead of...</i>	<b>Respectful terminology</b> <i>Consider using this...</i>
Vulnerable/At-risk learners	Priority learners
Marginalized families/students	Families/Students marginalized by the system
issues	barrier/condition/matter/challenges (depending on context)
Has mental health issues Suffering from i.e. They are bipolar. Having a mental health condition should not define the person.	<b>People First Language:</b> A person living with a mental health condition A person diagnosed with A person with lived experience of trauma
Has issues with substance abuse Has a concurrent disorder Substance abuse	A person who is experiencing mental health and co-existing challenges with substance use
Has challenging behaviours	May need to try alternate ways of getting their needs met
Is non-compliant	Is choosing to
Is cooperating	Is working toward
Has no chance of passing/succeeding	Is experiencing challenges with the course load of
Will not engage with	Seems to prefer to/not to We have failed to engage
Is high functioning	Is gifted/talented/good at
Minority (when speaking of people)	Global majority

**Check out these resources, which include explanations and a lot more:**

[Equity Language Guide](#)

[Recovery Oriented Language Guide](#)



## Culturally Offensive Expressions - Indigenous Peoples

**\*\*Trigger warning: Contains offensive language.\*\***

Canada's Indigenous People/Our Indigenous Peoples <i>Instead, consider using Indigenous Peoples in Canada</i>
Our Elders; My students; My families (when Non-Indigenous, refrain from using possessives when referring to Indigenous Peoples)
Pre-history
Circle the Wagons
Hold down the fort
Let's have a powwow
Low man on the totem pole
Let's share the peace pipe
Off the reservation/on the warpath
Redskin (even if it is the name of a sports team)
Savage (in the context of Indigenous Peoples)
Squaw (even if it is a place name, i.e. Squaw Point)
Too many chiefs, not enough Indians
The Natives are getting restless
Indian time Indian giver Indian summer
What percentage Indian/Indigenous are you? How much Indian are you?
Long time no see (is Hollywood 'Injun' English, from early westerns)

**Check out these resources for explanations on the above:**

[Expressions that perpetuate oppression of Indigenous Peoples](#)

[Culturally Offensive Phrases](#)

