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## Helpful Hints When Meeting Friends With Disabilities

1. It's okay to offer your help to someone, but don't just go ahead. Ask first. Or wait for someone to ask you for your help.
2. It's okay to ask people about their disabilities and it's also okay for them not to talk about it.
3. Remember, just because people use wheelchairs, it doesn't mean they are sick. Lots of people who use wheelchairs are healthy and strong.
4. When you're talking with people who use wheelchairs, sit down so their necks won't get sore looking up at you.
5. It's okay to use words like "see," "hear," "walk" and "run" when you're talking with friends who have disabilities.
6. It's okay to ask people who have speech problems to repeat what they said if you didn't understand the first time.
7. If an interpreter is helping you speak with a deaf person, make sure you talk to the deaf person, not the interpreter.
8. Never pet or play with guide dogs. They can't be distracted from the job they are doing.
9. Treat a person with a disability the way you like to be treated and you'll have a friend for life.

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