



This document has Easy Reads about five key ideas from the I'm Me research project



For further information visit: www.yorks.ac.uk/lm-me



Arts and
Humanities
Research Council

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Knowledge and Justice

How is knowledge about fairness?



Society isn't fair to people with learning disabilities about knowledge.



This includes:

- Other people not believing people with learning disabilities
- People with learning disabilities not being given the knowledge to understand their lives

When aren't people with learning disabilities believed?



Some people don't believe people with learning disabilities are able to:

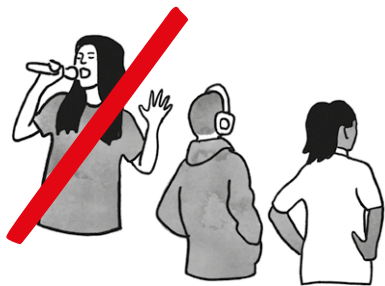
- Remember things
- Think about difficult questions



Often people don't talk to people with learning disabilities. Instead, they talk to:

- Parents and carers
- Doctors
- Teachers

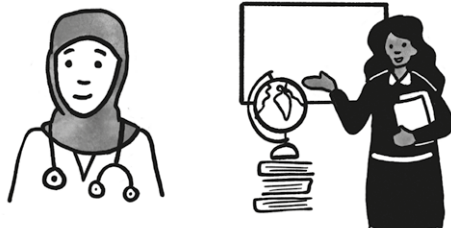




People with learning disabilities are often told:

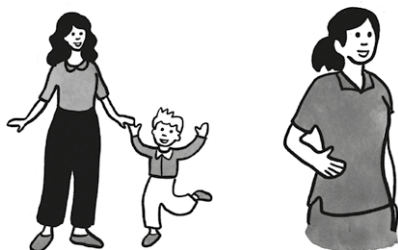
- They can't do things
- They can't understand

However, with the right support they can.



During I'm Me, people with learning disabilities talked about not being believed by:

- Doctors
- Teachers
- Parents and carers





We believe people with learning disabilities know and understand a lot.

We believe that the world should listen to people with learning disabilities and autism.

How do other people stop people with learning disabilities understanding?



We found people with learning disabilities don't get to talk to each other about their lives.

Sometimes they don't know other people have the same experiences as them.

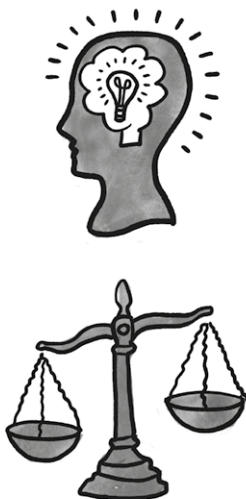


They don't know that other people with learning disabilities are treated badly because they're learning disabled.

When you don't talk with other people, it's easy to think that you're the only person hard things happen to.

It's easy to think that it's your fault.

How can we create knowledge fairly?



There are two ways I'm Me tried to treat people with learning disabilities fairly around knowledge.



First, we made sure that people with learning disabilities worked on every part of the research.

This included being involved in things such as:

- Planning
- Interviewing
- Presenting and writing



Second, we used art so that artists with learning disabilities could share their experiences the way they want to.

The artists could:

- Draw
- Sing
- Make theatre or dance
- Write or talk

Art Making

Why is art making important in knowledge and justice?



There are two reasons why making art is important is in making knowledge fairer.

The first reason is about getting people to listen to people with learning disabilities.



Often, society doesn't listen to people with learning disabilities and autism.



But, people do listen to artists.

People might listen to artists with learning disabilities and autism.



The second reason is about making new ideas.

Art is a way of learning about ourselves and the world.



Thinking through doing art can be creative and playful. It can also be serious and powerful.



Art can help us think of things we didn't know before.



During I'm Me, artists made work about:

- Who they were
- Their experiences
- What they wanted

And other people listened.

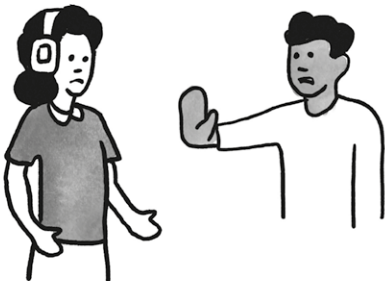
Other People

What barriers do learning disabled people face?



The social model of disability says that disabled people aren't a problem. The world stops disabled people doing the things they want to do because of:

- Buildings
- The way things work
- Lack of information
- Other people



People with learning disabilities often can't do the things they want to do because of the attitudes of other people.



Other people:

- Bully people with learning disabilities
- Make assumptions about people with learning disabilities
- Don't believe people with learning disabilities



People with learning disabilities are also worried about other people because of:

- Crowds
- Noise
- Dangerous places



People with learning disabilities can feel more disabled in public places.

This means they feel less able to do the things they want to do.



Sometimes, other people help.



These other people are:

- Learning disability organisations, such as the arts groups in I'm Me
- Friends and family
- People who speak up for you



We can make the buildings better.



We can also ask other people to change.

Upsetness

What is Upsetness?



We use the word 'upsetness' to talk about how people sometimes reacted to talking about learning disability.



Some people were upset about things in the lives of people with learning disabilities. These things included:

- Feeling in danger
- Death
- Bullying
- School

The stories that are told on the TV, in films and in the news about people with learning disabilities also made people upset.

Non-learning disabled people and upsetness?



A lot of non learning disabled people find talking about learning disability hard.

Sometimes they think that having a learning disability is awful.



Non-learning disabled people are scared of upsetting people with learning disabilities.

Sometimes non-learning disabled people would like to pretend that learning disability doesn't exist.



This stops conversations about learning disabilities from starting.

It makes it hard for people with learning disabilities to understand their own lives.

How do we talk about difficult things?



In I'm Me artists used art to talk about learning disability.



Through I'm Me, non learning disabled people and learning disabled artists talked about learning disability.

Non learning disabled people and learning disabled artists understood each other better.



Understanding each other means we can work together to change things.

Community Knowledge

What is lived experience?



Researchers who worked with learning disabled people often say lived experience is a type of knowledge.

This is knowledge that people with learning disabilities have about their lives.



Often this lived experience is shared with researchers, doctors, teachers or non-learning disabled people.



Lived experiences is an important type of knowledge. It means people with learning disabilities are listened to.

What is community knowledge?



We found there was particular value in people with learning disabilities sharing their lived experiences with each other.



When people with learning disabilities listen to each other's experiences they produce community knowledge. This might include:

- Talking about disability honestly
- Finding other people had similar experiences
- Learning that being treated unfairly is not your fault
- Knowing you aren't alone



People with learning disabilities learn things from each other they could not learn from non learning disabled people. This included things about:

- Their identity
- What is fair and unfair
- What they would like to change

How does community knowledge increase fairness?



Community knowledge is made through talking with other people about our shared experiences.



Creating art is a good way of making and sharing community knowledge.

When we make art with other people we:

- Work together
- Find out new things about each other
- Find out new things about ourselves
- Share our experiences



Finding ways for people with learning disabilities to share their lived experiences is even more important. It creates community knowledge.



It gives people with learning disabilities greater control and understanding about their experiences of the world.

Arts organisations can be an important place in which this can happen.