## OUR WORDS MATTER

### Core Principle | Example
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1. Use person-first language | a person with diabetes, not a “diabetic”
2. Avoid stereotypes and generalizations | “non-compliant,” “poor historian”
3. Assign blame to the system, not the individual | “pt chooses” rather than “refuses”
4. Eliminate pejorative terms | convict, prostitute, alien
5. Think critically and be intentional about using social identifiers | race, SES and language don’t belong in the one-liner
6. State the facts – avoid interpretations | "patient alleges/claims 10/10 pain"
7. Use inclusive language | “pt uses a wheelchair” rather than "wheelchair bound"
8. Use the active voice | “I prescribed antibiotics”
9. Don’t weaponize quotes | patient is having "horrible" pain

When in doubt, ask yourself:
If I were the patient reading/hearing this, how would I feel?