



VOCABULARY AUDIT

The words we use daily have impact – both positive and negative. This list of words / phrases is not exhaustive but use it as a starting point to become aware of words / phrases that can be used to bring people together or make them feel uncomfortable.

DON'T SAY THIS:		TRY TO SAY THIS:
Schitzo	→	Silly, irrational
Psycho	→	Absurd
Cannot serve 2 masters	→	Divided loyalties, conflicting priorities
Indian Giver	→	Back-peddler
Crack the whip	→	Step up the pace, get to work
Jew them down	→	Reduce the price
Paddy wagon	→	Patrol car/wagon
He is Oriental	→	He is Asian
Find my tribe	→	Find my people, circle, or community
Cripple / cripp	→	Person with a disability
Tranny	→	Transgender person / people
You are so retarded	→	You are being incredibly foolish; that makes no sense
It's like the blind leading the blind	→	It's like the lost leading the lost
I was working like a Hebrew slave	→	I was working really hard
Sit Indian style	→	Sit cross-legged or criss-cross applesauce
I don't see color	→	I want to treat people like they want to be treated
Are you off your meds?	→	Are you feeling alright? Are you having a moment?
Can I feel your hair?	→	(Just don't ask)
I'm super OCD about...	→	I'm super picky about...
Poor communities	→	Underserved or under resourced communities
Rich communities	→	Affluent or highly resourced communities
Handicapped parking space	→	Accessible parking
Going off the reservation	→	Going rogue
Citizens	→	Residents
Midget	→	Little person, dwarf
Mutt	→	Mixed race/biracial
Mulatto	→	Mixed race/biracial
Hermaphrodite	→	Intersex
Pow Wow	→	Gathering
Slave	→	Enslaved person/ person who was enslaved
Homeless	→	Unhoused/person experiencing homelessness
Normal	→	Average
Disabled	→	Person(s) with a disability
Blind sided	→	Didn't see it coming
Master	→	Primary, principal, long range

We'd like to hear from you if you have words or phrases that your find offensive / demeaning / hurtful. Please share them with us at info@aapra.org.