



My Disability Roadmap

Discussion Prompts

The documentary will spark many topics for classrooms to consider that will expand students' mindset on the subject of disability. For instance, several moments highlight the infantilization of individuals with disabilities, revealing the persistent limiting beliefs society holds. This issue alone can spark meaningful discussions for high school students. After viewing the documentary, begin a discussion by asking the class to define infantilization and identify how it shows up in the film. Then consider using the following prompts for a deeper exploration. Alternatively, the following questions can also be applied to a written assignment.

High School

- What are some reasons society tends to infantilize people with disabilities?
 - How might this impact their autonomy and opportunities?

Continue facilitating conversation among high school students using the thought-provoking questions below on other themes within the film.

- Self-advocacy is a major theme in the documentary. What does self-advocacy look like in your own life, and are there any barriers that you've noticed in moments when you've advocated for yourself?
- The film shows Samuel working toward greater independence. How does society create barriers to independence for people with disabilities, and what changes could make the world more accessible?
- *My Disability Roadmap* is a personal documentary but also speaks to larger societal issues. How does Samuel's story connect to broader conversations about disability rights and inclusion?

Middle School

- Is there a mentor or community that has supported or guided you, similar to how Samuel found support on his journey?
- In what ways do people assume things about others without getting to know them first? How does that happen in the documentary?
- The film highlights the importance of self-advocacy. What does self-advocacy mean, and is it important?
- How does *My Disability Roadmap* challenge stereotypes about people with disabilities?

Adaptation

This lesson can be adapted for elementary school aged children by excluding the viewing of the documentary, providing a form of the summary included in the [*This Month*](#) feature, and focusing on the following discussion questions.

- Is it important to listen to and learn from people with different experiences? Why or why not?
- What does it mean to be a leader, and how does Samuel show leadership in the film?
- Can you describe moments when you have been a leader?

Expansion

Guide your students through the following exercise to make connections between the documentary and real-world issues.

Disability in the Media Analysis

- Students analyze how disabilities are portrayed in movies, TV shows, or books they've seen.
- Discuss if those portrayals feel realistic, respectful, or stereotypical.
- They could compare an older film with a more recent one to see changes over time.

Accessibility Audit

- Have students assess their school or local community for accessibility and brainstorm ways to make it more inclusive.