

FROM  
EXCLUSION

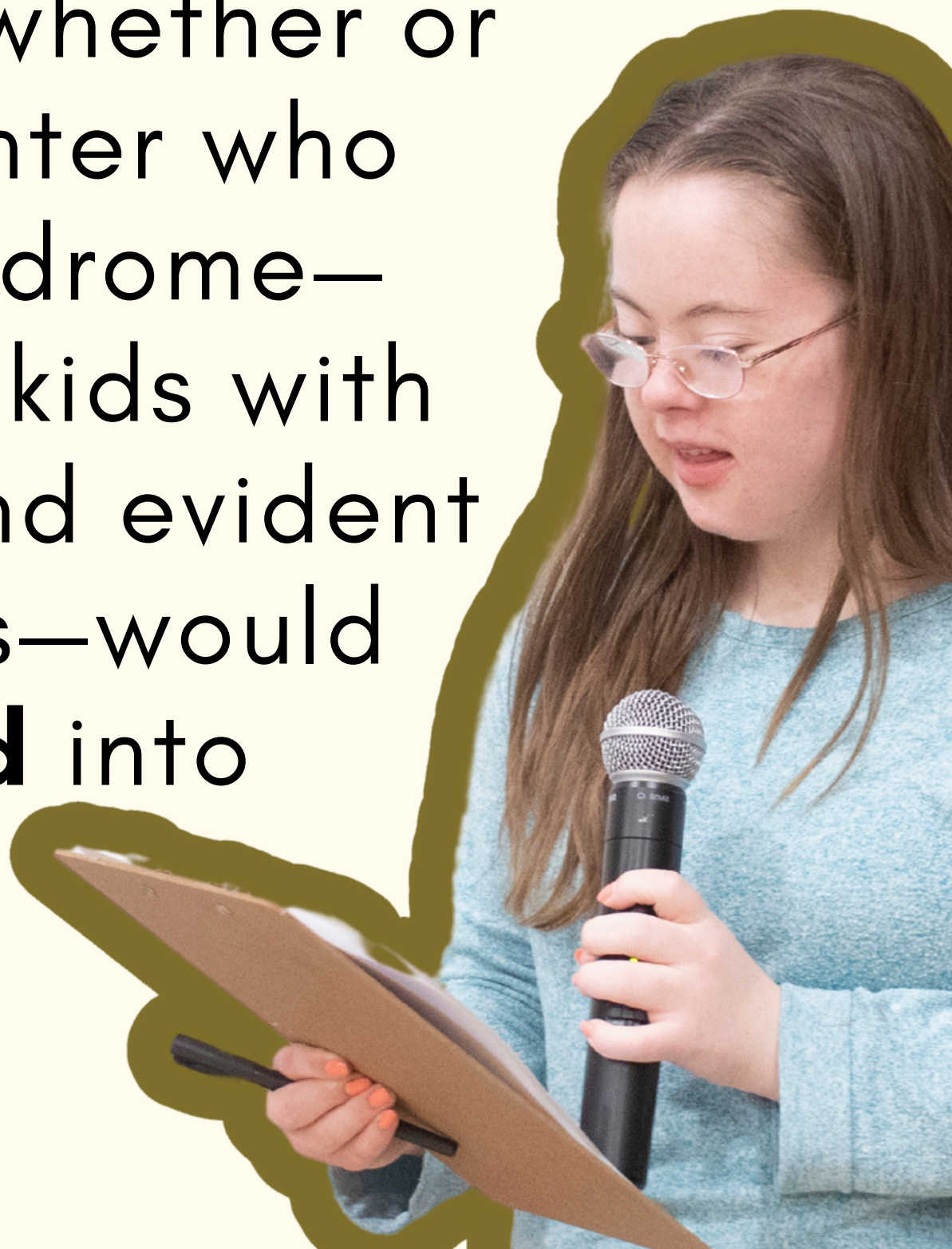


TO  
BELONGING

AMY JULIA BECKER

# Inclusion & Belonging

*Inclusion* and *belonging* are both buzzwords, and they can easily mean different things to different people. Both words can **help us think about social and physical spaces** and whether or not our daughter who has Down syndrome—and/or other kids with disabilities and evident vulnerabilities—would be **welcomed** into those spaces.



# Inclusion & Belonging

Our communities tend to exist on a continuum, from exclusion to tolerance to inclusion to belonging.

I see it this way:



CHECK OUT MY REIMAGINING  
FAMILY LIFE WITH DISABILITY  
WORKSHOP!

# Exclusion

**Outright rejection.**  
"You can't be here."



# Tolerance

## Neutral.

"You can be here, but the space was not designed with you in mind, and we don't particularly care if you are here or not. Please don't get in the way."



# Inclusion

“You are welcome here, but make sure your presence doesn’t ask too much of the rest of us. We are happy for you to be here as long as it doesn’t ask us to change a lot.”



# Belonging

**Please come!**

“We aren’t us  
without you.”



# Belonging

We have discovered that being in spaces of belonging isn't only an experience of peace and affirmation for our daughter who has Down syndrome.

**It's a space of  
beauty and  
welcome  
for ALL  
of us.**





# Spaces of Belonging

When we create spaces of belonging for the people on the margins, it communicates to **everyone** that...

THEY ALSO BELONG.

THEY ARE VALUABLE.

THEIR PRESENCE  
MATTERS.

# PRINTABLE

## From exclusion to belonging:

### **Exclusion [Outright rejection]**

You can't be here.

### **Tolerance [Neutral]**

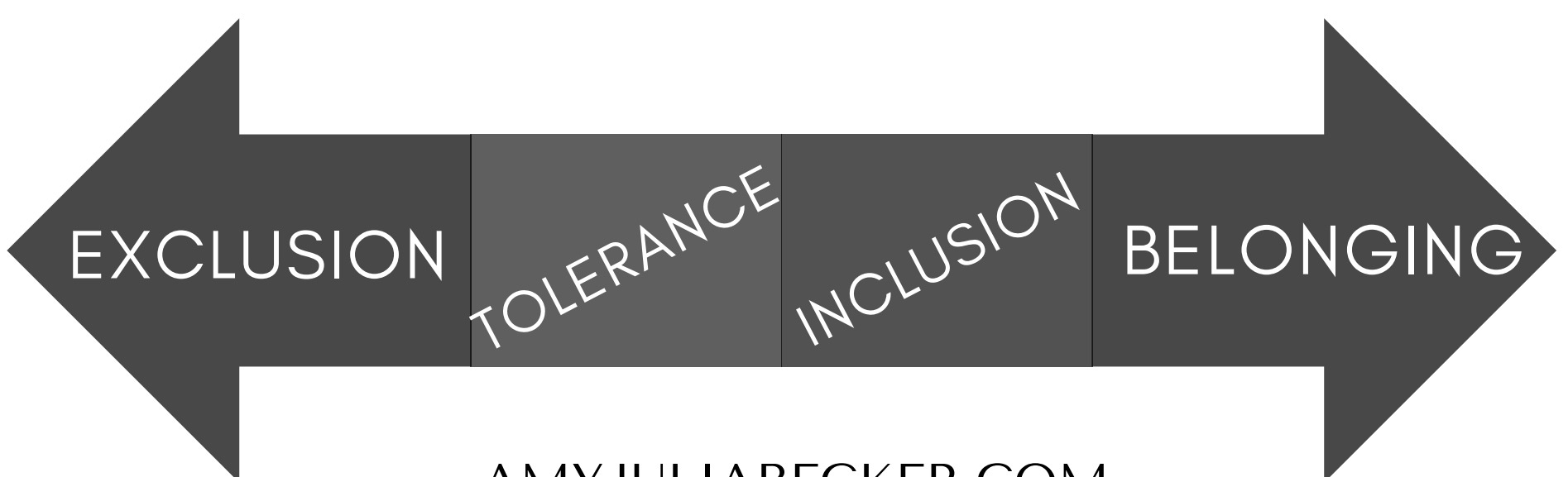
You can be here, but the space was not designed with you in mind, and we don't particularly care if you are here or not. Please don't get in the way.

### **Inclusion**

You are welcome here, but make sure your presence doesn't ask too much of the rest of us. We are happy for you to be here as long as it doesn't ask us to change.

### **Belonging**

Please come! We aren't us without you.



● ● ●

# REIMAGINING FAMILY LIFE WITH DISABILITY WORKSHOP

Now is the time to **envision** and **work toward** a good future for your family.

## THIS WORKSHOP WILL HELP YOU:

- DELIGHT IN YOUR CHILD
- CONNECT WITH COMMUNITY
- TAKE THE NEXT STEP FORWARD

### Choose the format that works best for you...

- live workshop (virtual)
- online course (self-paced)
- group curriculum

*"This workshop has given me hope that the journey, no matter what it looks like or where it takes us, will be good and worthwhile."*

Instructor

**AMY JULIA BECKER**

**MORE INFO**

[AMYJULIABECKER.COM/WORKSHOP](https://AMYJULIABECKER.COM/WORKSHOP)



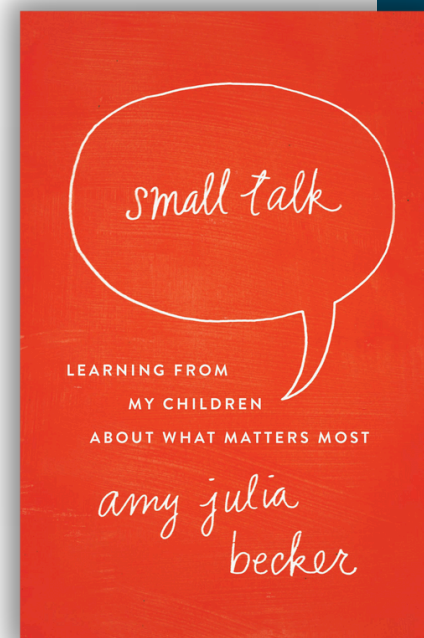
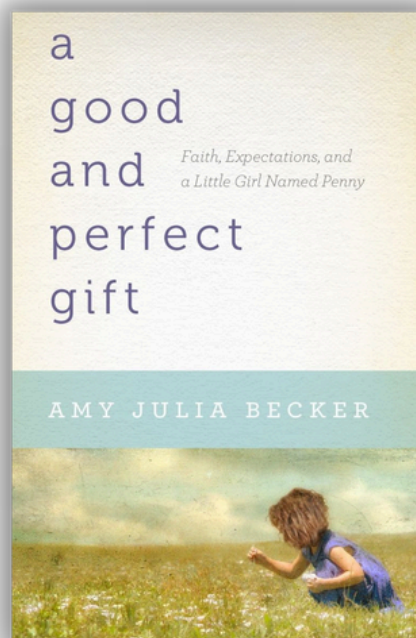
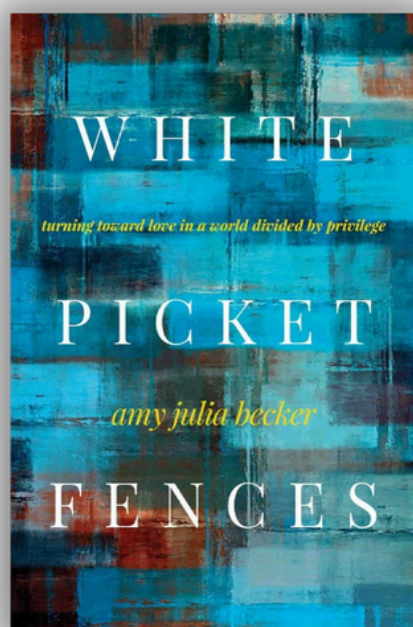
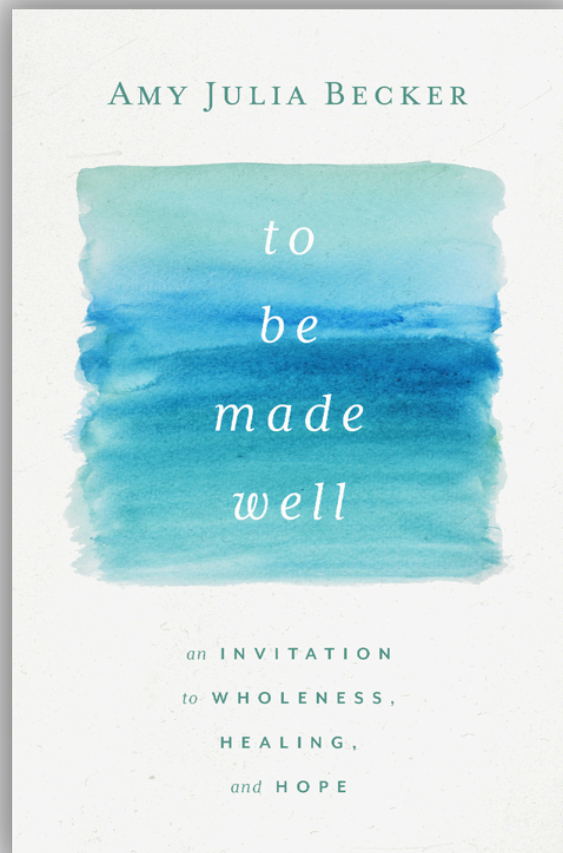


## ABOUT AMY JULIA

Amy Julia Becker helps people reimagine the good life through her writing and speaking on disability, faith, and culture. She is the author of *To Be Made Well*, *White Picket Fences*, *Small Talk*, and *A Good and Perfect Gift* and the creator of the Reimagining Family Life with Disability workshop. She is a guest opinion writer for national publications and hosts the Reimagining the Good Life podcast. She is a graduate of Princeton University and Princeton Theological Seminary (MDiv). She lives with her husband and their three children in western Connecticut.

# BOOKS

FIND AMY JULIA'S BOOKS AT  
[amyjuliabecker.com/books/](http://amyjuliabecker.com/books/)



# PODCAST



Listen to the **Reimagining the Good Life podcast** on your favorite podcast platform, [YouTube](https://www.youtube.com/channel/UCvVp11111111111111111111), or Amy Julia's [website](http://amyjuliabecker.com).

# RESOURCES

Get e-books, essays, and free downloads at:  
[amyjuliabecker.com/resources/](http://amyjuliabecker.com/resources/)

