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Disability and Inspiration Porn

Inspiration porn is rather a new term in the dictionaries of the English language. It did not use to exist some years back, because the meanings of inspiration were also a little different. Inspiration porn refers to getting inspired or admiring the struggles of an individual with disabilities, tagging their mere breathing like a big achievement. This is extremely annoying, and sometimes offensive as well, for the people with disabilities. They find it quite boring and sometimes hurting that they are only looked upon, as a source of inspiration, instead of taking them as normal human beings. The term was itself coined by a disability rights activist, Stella Young, in her editorial penned down for Australian Broadcasting Corporation’s webzine Ramp Up. She further explored the idea in her speech at TEDx talk (TED). She is of the view that people always take disable individuals as something exceptional, which is sometimes irritating. She explains in the light of her personal experience that how ridiculous it is that even though she is performing a normal role in her life like a teacher, the people will always expect something extraordinary from her. She thinks that people should stop objectifying individuals with disabilities; they should treat them in the same way as they treat other people, with respect and kindness. Stella thinks that society should accept disabled individuals as an integral part of them and should abolish portraying them as some heroes for doing ordinary things. The best approach to abolish this practice and stop objectifying individuals with disabilities is by terminating the exercise of portraying disabled people in images, posters, and videos as great achievers. We should consider them normal people like us, who are utilizing the maximum capabilities of their body, just like the rest of the world.

Works Cited

*I'm not your inspiration, thank you very much | Stella Young*. Dir. TED. Perf. Stella Young. 2014. Youtube, Video.