

**NOTHING ABOUT US  
WITHOUT US**

**1. Bring the  
perspectives of our  
lived experience to  
the forefront**



**2. Include people with  
lived experience at  
all levels of the  
organization**



**3. Value our time and  
provide appropriate  
supports**



**4. Challenge stigma,  
confront oppression,  
and promote dignity**



**5. Recognize our  
expertise and  
engage us in  
decision-making.**



# **6. Work towards our equitable representation**



**7. Build authentic  
relationships  
between people with  
and without lived  
experience**

