

# Unknown Differences

Promote the acceptance of differences, that's one of the CRC guidelines. And it makes sense why. Nobody should be judged based on what color their skin is nor the gender they are. They shouldn't be judged by the disorders or disabilities they have.

And Goshen has been very welcoming of differences in my eyes, from things like skin color to disabilities like autism.

But it's sometimes only limited to things like that, and more than often acceptance of differences is pinpointed onto widely known things like racism and sexism, with the exception of some more well known disabilities like autism and a variety of other physical disabilities. But often mental disabilities that are less known like ADHD can often be overlooked.

And I don't mean overlooked as in not cared about but overlooked in the sense that minor mental disabilities can often be stereotyped without anybody speaking out against it. I have personally experienced this within the past few years. Because when I was in 5th grade I was diagnosed with ADHD, and although it had been shared more openly with my teachers as they could speak for how I acted in the classroom. But other than that I didn't really tell anyone about having ADHD, and I was fine keeping it to myself. I later went on to 6th grade, and that year we had a new classmate that also had ADHD and he was a lot more open about it. It was clear to us that he was diagnosed with ADHD and that he was taking treatment for it, he would often even share about the troubles he could have with it at some points. But because he knew he had ADHD and to others it seemed like just a minor trouble to them people would often start grouping ADHD in with how they perceived him. And because of this I would often end up in conversations where people would say things like "I'm glad I don't have to take ADHD medicine, that stuff makes you crazy." And they would go on talking to me, not knowing that I have ADHD and that I take medicine for it., and it hurts to hear your friends say things like that.

And it hurts to hear people talk like that. Because it's not as well known and unlike things like autism where because people know about it they'll openly defend it. People don't know about ADHD and it can often be insulted or stereotyped openly without consequence. And this can happen anywhere with different disorders or disabilities, and it happens because people don't know about them so they never learn how hard they can make things for other people.

And I think Goshen can do a better job of promoting and accepting differences. It would be great to see the city accepting and embracing every little difference, informing people on the difficulties of having something like ADHD but also reminding them that it's not all bad, because ADHD isn't always bad and when people deal with it right it can even end up doing good.