Jargon buster

A 'jargon buster' explains words that you may not be familiar with unless you have knowledge of a particular subject and have already learnt the language associated with that subject.

Disabled: The dictionary definition of Disabled is "someone who has an illness, injury or condition that tends to restrict the way they can live their life." In the 1970s, Disabled people in North America developed 'the social model of disability.' This gave a different lens with which to view disability through. The social model maintains that it's not that people have impairments that prevent them in participating in society, but that society has numerous barriers which prevent the full participation of Disabled people.

Collective empowerment: "The goal of collective empowerment is to establish community building so that members of a given community can feel a sense of freedom, belonging, and power that can lead to constructive social change [Hur, 2006, Paper on "Empowerment in terms of theoretical perspectives," *Journal of Community Psychology, 34*(5), 523–540].

Economically marginalized: this is when certain groups of people have less opportunities than other groups to benefit from the economy. People may have a lack of access to decent education, healthcare, jobs, housing, safety or inherited wealth. This is a result of society being very unequal, with people from certain backgrounds having easy access to opportunities where others don't, especially people from middle and upper class backgrounds who are frequently white, male, non-Disabled and cis-gendered.

Energy impairment: this is when a long-term health condition results in very limited levels of energy that go beyond the kind of tiredness and fatigue found in healthy populations. Energy impairment is characterised by 'payback,' which is when someone experiences profound exhaustion after quite ordinary activities, 'brain fog,' which means that clear thinking isn't possible, and possible sensory sensitivity. People with energy impairment need to be very careful when choosing activities. This is referred to as 'energy budgeting,' as if living on a very limited budget.

Global South: this refers to countries which are often, but not always, in the Southern half of the world, but moreover describes the countries in the world that are least wealthy and less industrialized. The reason for lesser wealth is due to complex factors, such as being previously colonised by European countries, and the continued economic control that wealthy countries in the Global North still have over Global South countries.

More-than-human: this means to think about the world not just in terms of the human world and the natural world, but to see humans as part of a greater whole, a 'more-than-human' whole, that includes humans as just one aspect of life. To think in this way means to get away from seeing humans as separate and superior; we are entangled with all life and with many forms of intelligence. The term was coined by the cultural ecologist and philosopher, David Abram.

Oppression: "refers to a combination of prejudice and institutional power that creates a system that regularly and severely discriminates against some groups and benefits other groups" [Talking about race: social identities and systems of oppression].

Power dynamics: these are the structures and influences of power that exist between people or groups in a given context. They can refer to the distribution of power, how it's acquired and maintained, and how it affects people's behaviour and attitudes. Power dynamics can be formal or informal, and can involve a variety of factors, such as authority, charisma, knowledge, and communication styles. If a group has a dominant characteristic, such as most people in the group being university educated, those who have not received a university education may feel they are being marginalized, as they haven't had the same access to language and ideas, so full participation is more difficult.

Privileges: this is when you have access to things that you haven't worked to achieve for yourself. There are some privileges that arguably everybody should be entitled to for society to work well, such as access to housing, clean water, healthcare, education and citizenship papers. There are other privileges that give greater access to resources and opportunities, and these are based on being part of a certain group that has higher social and economic status. For example, some people have the privilege of inheriting money and property from their families, because their families have more power and control over resources. This is often because of historical factors, such as having made money from slavery in the 18th and 19th centuries that keeps being passed down.

Racialized: racialization is a social construct which creates racial hierarchies, meaning that people who are deemed to be of a particular race have less access to resources and opportunities than those deemed to be of a race further up the hierarchy. Whiteness currently dominates the racial hierarchy on a global scale, although, there is nothing intrinsic to whiteness that means that white-skinned people retain dominance, and there are many examples of racial hierarchies that are not in relation to whiteness. Even if racial characteristics are protected from discrimination by law, people who have been racialized as black or brown may still suffer both direct and indirect discrimination. For example, Black women in Britain and the USA are still more likely to suffer complications in childbirth and more likely to die than white women, due to a range of factors.

Systems of domination: these are oppressive structures that can be maintained by creating classes of people that are subordinate to dominant group, based on race, gender, or other factors. These systems can be reinforced through education, socialization, violence, and justifications for why these systems are in place. Unless there is disruption via protest or revolution, these systems are usually self-perpetuating, with the groups in power remaining in power and those without power remaining deprived of full participation in society. This may take the form of being deprived of rights, or having less access to resources and opportunities, such as the opportunity to influence policy or make one's voice heard.