

**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

