**Transcript of ‘Making *And You Think You’re The Expert?* Podcast’**

Video made by WWILD Sexual Violence Prevention Association Inc. ©

00:00:15:07 - 00:00:17:13

- Hi. My name is Alison.

00:00:17:13 - 00:00:19:23

I am a Peer Worker at WWILD.

00:00:19:23 - 00:00:24:12

We made a podcast called

“And You Think You're The Expert?”

00:00:24:23 - 00:00:27:13

Today we're going to talk to

some of the experts

00:00:27:13 - 00:00:30:05

that helped make the podcast.

00:00:30:05 - 00:00:33:10

We’re going to talk about what they

thought about the project

00:00:33:10 - 00:00:35:09

and their advice to the workers.

00:00:35:09 - 00:00:37:03

Let's get started.

00:00:38:16 - 00:00:42:23

What do you like about being

a part of the podcast?

00:00:43:20 - 00:00:46:23

- I think the thing

that I liked about the podcast

00:00:46:23 - 00:00:51:03

was that I got to meet

another group of lovely people

00:00:51:03 - 00:00:55:05

- I like being, working as a team

because working as a team,

00:00:55:05 - 00:00:58:03

you get to understand

one another more better.

00:00:58:03 - 00:01:02:04

- We got to meet new people

00:01:03:14 - 00:01:06:18

and sharing our stories.

00:01:06:18 - 00:01:11:02

- The reason I like it because

we getting our words out there

00:01:11:02 - 00:01:13:02

and we get to say

what we want.

00:01:13:02 - 00:01:17:03

- It’s good being a part of the podcast

so to get the message across

00:01:17:03 - 00:01:19:10

so people can actually listen

00:01:20:22 - 00:01:25:16

- Why do you think it's important

people with disabilities have their say?

00:01:26:16 - 00:01:28:20

- Because they’re like

00:01:30:19 - 00:01:34:18

the same as everyone else.

00:01:34:24 - 00:01:36:14

- Yeah, because we all normal.

00:01:36:14 - 00:01:37:23

We’re all human.

00:01:38:12 - 00:01:42:04

- Cause they got rights to have their say.

00:01:42:04 - 00:01:44:16

- So that people know

that we're normal

00:01:44:16 - 00:01:49:01

and we're treated with respect

and we have a voice.

00:01:49:01 - 00:01:53:03

- So people know

exactly what they're going through

00:01:53:03 - 00:01:56:05

with their disabilities

because at the end of the day,

00:01:56:12 - 00:01:59:10

a lot of people don't know

what people go through

00:01:59:10 - 00:02:01:10

with their intellectual disabilities.

00:02:02:21 - 00:02:06:01

- Why do you think it's important

you’re seen as experts?

00:02:07:04 - 00:02:10:24

- We should be seen as experts

because you need to walk a mile

00:02:10:24 - 00:02:12:02

in our shoes.

00:02:12:02 - 00:02:15:13

And people shouldn't judge us

because they can't see

00:02:15:13 - 00:02:16:22

our disabilities.

00:02:16:22 - 00:02:20:07

- So when you're an expert,

you're taken more seriously.

00:02:20:15 - 00:02:22:19

- Because we know what we deal with

00:02:22:19 - 00:02:26:14

every day, with life

and understanding about

00:02:27:13 - 00:02:29:16

sexual assault and domestic violence.

00:02:29:16 - 00:02:32:00

- Because I've been there, done that,

00:02:32:00 - 00:02:34:24

and we know what everyone's going through.

00:02:34:24 - 00:02:40:00

- That we come up

with good suggestions.

00:02:40:00 - 00:02:43:04

- We can advocate for ourselves.

00:02:44:07 - 00:02:46:21

We can speak up for ourselves.

00:02:48:15 - 00:02:49:22

- What do you want workers

00:02:49:22 - 00:02:52:06

to learn from the podcast?

00:02:53:01 - 00:02:55:17

- Understanding, compassion.

00:02:55:22 - 00:02:57:22

Then they are not going to

judge us.

00:02:57:22 - 00:03:01:07

- They need to learn

more about disability,

00:03:01:13 - 00:03:05:03

not put us down and not

be mean to us because they

00:03:05:03 - 00:03:07:00

have not been in their shoes.

00:03:07:00 - 00:03:10:18

- How people can help people

with intellectual disabilities.

00:03:11:07 - 00:03:15:06

Because at the end of the day,

people just don't understand.

00:03:15:06 - 00:03:21:14

- I want the police to do their job right.

00:03:22:01 - 00:03:24:03

- I want the workers

to learn from the podcast

00:03:24:03 - 00:03:26:21

that people who have

an intellectual disability

00:03:28:21 - 00:03:32:20

are as normal as other people who

don't have an intellectual disability.

00:03:32:20 - 00:03:38:16

- I think what is the most important things

on the podcast, as a support worker

00:03:38:16 - 00:03:40:16

is that they listen to you.

00:03:40:16 - 00:03:46:00

If you don't listen to a person,

you just don't get to know them

00:03:46:00 - 00:03:48:09

and, and things like that.

00:03:48:09 - 00:03:49:24

- We're not like a textbook,

00:03:50:10 - 00:03:53:18

we're not like a textbook.

00:03:54:21 - 00:03:56:01

We're all different.

00:03:56:01 - 00:03:59:16

We are, we all come from different

backgrounds.

00:04:01:10 - 00:04:04:06

- What's your number one

advice to workers?

00:04:05:12 - 00:04:08:07

- To listen to what I’m saying.

00:04:08:07 - 00:04:11:22

- I guess just taking time

00:04:12:07 - 00:04:14:07

to get to know us,

00:04:15:02 - 00:04:19:02

whether that be over a cup of tea.

I’m a great cup of tea person.

00:04:19:02 - 00:04:22:01

- That we're all individuals

and to treat us

00:04:23:13 - 00:04:26:07

as an individual, listen to us.

00:04:26:21 - 00:04:30:15

- Always make sure they’re

feeling comfortable and

00:04:31:17 - 00:04:34:06

if they’re not, offer them breaks.

00:04:35:00 - 00:04:39:01

- Listen to people and treat

them with respect.

00:04:39:01 - 00:04:42:00

- Probably nearly the same, the understanding,

00:04:42:17 - 00:04:44:11

the compassion and get to know me.