Social Media Accessibility Tips

• Always update your alternative text (see instructions below) rather than accept the auto-generated version.
• Include all text within graphics in the text of the post.
• #CapitalizeHashTags to increase readability for screen reader software.
• Caption stories and snaps to make sure those with no sound still receive content.
• Caption all videos, either through auto-generated or a captioning service.
• Do not use ableist language like "I stand with" and “insane/crazy.”
• Avoid reposting “inspiration porn” - portraying disabled people as being inspirational solely because of their disability. Ask yourself... is it inspirational because the person has a disability, or because of the amazing thing that’s been accomplished? Did the person with a disability get to tell their own story? Chances are, if the story is about “overcoming” something, it’s inspiration porn. People with disabilities aren’t amazing and inspiring in spite of who they are, but because of who they are, which are whole people with identities beyond their relation to disability.

Facebook Accessibility
Instagram Accessibility
How to edit alternative text on Instagram
Twitter Accessibility