



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](#)