

## Humour and Disability: Is it ok to laugh?

All of us like to laugh and make jokes. Humour is one of the unique characteristics of human beings, and it is extremely helpful to our psychological and physical well-being. But what about disability? Is it ever ok to laugh and make jokes about disability? Sometimes, the answer is no, but at other times the answer is yes! We need to understand what can be funny about disability humour. We need to know when it is “safe” to laugh at disability and when it is not. When used properly humour can help us cope with difficult situations in life, enjoy other people, have fun in the situations we find ourselves, and allow us to be creative and imaginative in a safe place. Learning about what is so funny about disability, when it is safe to laugh, and how to use disability humour for our own enjoyment are skills that everyone should learn.



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