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Abstract:

“Inclusion is a gift we give ourselves: the gift of knowing that we are all members of the human race and that joy comes in building genuine relationships with a wide range of other people”.

In this article, Professor Mara Sapon-Shevin discusses the importance of inclusive classrooms creating a community which embraces diversity and encourages mutual support.

Read the Ten strategies for creating a Positive, Inclusive classroom and how this inclusive classroom will help us learn to live together in a democratic society.

Learning in an Inclusive Community



Inclusive classrooms create students who are comfortable with differences, skilled at confronting challenging issues, and aware of their interconnectedness.

Mara Sapon-Shevin

Schools are increasingly acknowledging the heterogeneity of their student populations and the need to respond thoughtfully and responsibly to differences in the classroom. It's understandable that educators often feel overwhelmed by growing demands for inclusion, multicultural education, multiple intelligences, and differentiated instruction to deal with the growing diversity.

But what if including all students and attending thoughtfully to diversity were part of the solution rather than part of the task overload? What if we put community building and the emotional climate of the classroom back at the center of our organizing values? What if we realized that only inclusive classrooms can fully support the goal of creating thoughtful, engaged citizens for our democratic society?

Redefining the Inclusive Classroom

After years of struggle about the politics and practice of inclusion and multicultural education, it's time we understand that inclusive, diverse classrooms are here to stay. But inclusion is not about disability, and it's not only about schools. Inclusion is about creating a society in which all children and their families feel welcomed and valued.

In truly inclusive classrooms, teachers acknowledge the myriad ways in which students differ from one another (class, gender, ethnicity, family background, sexual orientation, language, abilities, size, religion, and so on); value this diversity; and design and implement productive, sensitive responses. Defining inclusion in this way requires us to redefine other classroom practices. For example, *access* can mean, Is there a ramp? But it can also mean, Will letters home to parents be written in a language they can understand?

Differentiated instruction can mean allowing a nonreader to listen to a book on tape. But it can also mean organizing the language arts curriculum using principles of universal design, assuming and planning for diversity from the beginning rather than retrofitting accommodations after the initial design.

Positive behavior management can be a system of providing support to students with diagnosed emotional problems. But it can also mean ongoing community building, classroom meetings, cooperative games, and a culture of appreciation and celebration for all students.

What does it mean to think inclusively, and how can this framework enhance the learning of all children? There are many lessons that inclusive education settings can teach us. Here are just a few.

Comfort with Diversity

In our increasingly diverse world, all people need to be comfortable with

diversity. Inclusion benefits all students by helping them understand and appreciate that the world is big, that people are different, and that we can work together to find solutions that work for everyone.

Inclusion teaches us to think about *we* rather than *I*—not to ask, Will there be anything for me to eat? but rather to wonder, How can we make sure there's a snack for everyone? Not, Will I have friends? but rather, How can I be aware of the children here who don't have anyone to play with? When we are surrounded by people who are different from us, we are forced to ask questions that go beyond the individual and address the community. When

we have friends who use wheelchairs, we notice that there are steep stairs and no ramps.

When we have friends who wear hearing aids, we listen differently to comments like "What are you, deaf or something?" When we have friends with different skin colors, we become more alert to racist and exclusionary comments. When we have friends from different religious backgrounds, we are more aware that the decorations in the mall are about only one religion.

In the absence of diversity, it's hard to learn to be comfortable with difference. The white college-age students I teach are often confounded about how to talk about people of color: "Is the right term *African American* or *black*? What if the person is from Jamaica or Haiti? How do I describe people?" Similarly, many adults are nervous about interacting with people with disabilities, unsure whether they should offer help or refrain, mention the person's disability or not.

The only way to gain fluency,

comfort, and ease is through genuine relationships in which we learn how to talk to and about people whom we perceive as different, often learning that many of our initial assumptions or judgments were, in fact, erroneous. The goal is not to make differences invisible ("I don't see color"; "It's such a good inclusive classroom, you can't tell who the kids with disabilities are") but to develop the language and skill to negotiate diversity. Classrooms cannot feel safe to anyone if discussions of difference are avoided, discouraged, or considered inappropriate.

I am always delighted, and a bit stunned, when I see young people easily

the term *hearing impaired* preferred by some but not all "deaf" people? If there are disagreements about terms—for example, some people prefer the term *Native American* and some *Indian*—find out what that conversation is about. Model appropriate language when discussing differences in the classroom.

■ Provide multiple opportunities for talking about diversity. When a news story is about a hurricane in Haiti, pull down the map: Where is that country? What languages do the people there speak? Do we have anyone at our school from Haiti?

■ If you hear teasing or inappropriate language being used to discuss differ-



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negotiating conversations about difference that would have been impossible a decade ago and that are still out of reach for many of us. I recently witnessed a discussion of different kinds of families during which children from ages 5 to 8 spoke of adoption, same-sex parents, known and unknown donors, and the many ways they had come to be members of their family. These students, growing up in an inclusive, diverse community, will not need a book that says, "There are many kinds of families." That understanding is already part of their lived experience.

As a teacher, you can successfully facilitate discussions like this by doing the following:

■ Familiarize yourself with the current terminology and debates about what people are called: Do Puerto Ricans call themselves *Latino*? Why is

ences, don't respond punitively ("I don't ever want to hear that word again!"), but don't let it go. As soon as possible, engage students in a discussion of the power of their language and their assumptions. Teach students the words *stereotype*, *prejudice*, and *discrimination* and encourage them to identify examples when they see them: "On the commercial on TV last night, I noticed that all the people they identified as 'beautiful' were white."

Inclusion is not a favor we do for students with disabilities, any more than a commitment to multicultural education benefits only students of color. Inclusion is a gift we give ourselves: the gift of understanding, the gift of knowing that we are all members of the human race and that joy comes in building genuine relationships with a wide range of other people.

Honesty About Hard Topics

Inclusion not only makes students better educated about individual differences, but also provides a place to learn about challenging topics. In inclusive classrooms, teachers and students learn to talk about the uncomfortable and the painful.

Often, as adults, we don't know what to do when we are confronted by people and situations that frighten, surprise, or confound us. Children, through their eagerness to engage with the world and seek answers to their questions, can learn important repertoires of communication and interaction in inclusive settings: How can I find out why Michelle wears that scarf on her head without hurting her feelings? How can I play with Jasper if he doesn't talk? Learning how to ask questions respectfully and how to listen well to the answers are skills that will provide a smoother entry into the complexities of adulthood.

In one school, a young boy who required tube feeding provided the opportunity for all the students to learn not only about the digestive system but also about ways to help people while preserving their dignity and autonomy. In another school, a child whose religion kept him from celebrating birthdays and holidays gave other students the opportunity to not only learn about different religions but also brainstorm ways of keeping Jonah a valued and supported member of the classroom. And when a young Muslim child was harassed on the way home from school in the months after the attack on the World Trade Center, the whole class was able to engage in an important discussion of racism and being allies to those experiencing prejudice and oppression.

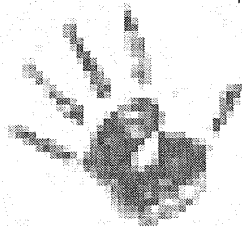
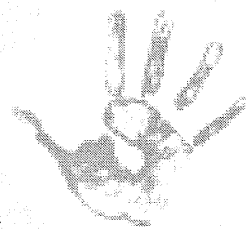
A student in one classroom was dying of cancer. The teachers, rather than excluding the student and avoiding the subsequent questions, helped all the

other students stay informed and involved in his life (and eventually, in his death). With close communication with parents, the teachers talked to students about what was happening to Trevor and how they could support

him: "Of course we would miss you if you died." "Yes, it's very, very sad." "No, it's not fair for a 6-year-old to die; it doesn't happen very often." On days when Trevor was in school and feeling weak, the students took turns reading to

Ten Strategies for Creating a Positive, Inclusive Classroom

1. Make time for community building throughout the year. Time spent building community is never wasted.
2. Proactively teach positive social skills: how to make friends, how to give compliments, what to do if someone teases you or hurts your feelings. Don't wait for negative things to happen.
3. Be explicit in explaining to your students why treating one another well and building a community is important. Use key terms: *community, inclusion, friends, support, caring, kindness*. Don't let those words become empty slogans; give lots of examples of positive behaviors.
4. Adopt a zero-indifference policy. Don't ignore bullying in the hope that it will go away. Don't punish the participants, but be clear about what is acceptable. Say, "I don't want that word used in my classroom. It hurts people's feelings and it's not kind."
5. Share your own learning around issues of diversity and inclusion. When students see that you are also learning (and struggling), they can share their own journeys more easily. Tell them, "You know, when I was growing up, there were some words I heard and used that I don't use anymore, and here's why." "You know, sometimes I'm still a little uncomfortable when I see people with significant physical differences, but here's what I've been learning."
6. Think about what messages you're communicating about community and differences in everything you do, including the books you read to your students, the songs you sing, what you put on the walls, and how you talk about different families and world events.
7. Seize teachable moments for social justice. When students say, "That's so gay," talk about the power of words to hurt people and where such oppressive language can lead. When a student makes fun of another student, talk about different cultures, norms, and experiences.
8. Provide lots of opportunities for students to work together, and teach them how to help one another. End activities with appreciation circles: "What's something you did well today?" "How did Carlos help you today?"
9. Don't set students up to compete with one another. Create an atmosphere in which each student knows that he or she is valued for something.
10. Keep in mind that your students will remember only some of what you taught them but everything about how they felt in your classroom.



him. On days when he was not able to come to school, they wrote him notes and made cards. When he died, many of them went to the funeral. Tears were welcomed and tissues were widely used; the teachers were able to show their sadness as well. Teachers had to be thoughtful about discussions of religious beliefs in order to be inclusive: "Yes, some people believe in heaven, and they think that's where Trevor is going."

Although no parents would want their children to have to deal with the death of a classmate, the sensitivity and tenderness of the experience helped bond the class and enabled students to connect to both the fragility and the sacredness of life. When they experience death again later in their lives, they will have some understanding of what it means to offer and receive support and will be able to seek the information and caring they need for their own journeys.

In inclusive classrooms, I have seen students learn to support a classmate with cerebral palsy, become allies in the face of homophobic bullying, and help a peer struggling with academic work. All of these were possible because the teachers were willing and able to talk to the students honestly about what was going on, creating a caring, supportive community for all students rather than marginalizing those who were experiencing difficulty.

Mutual Support

Sadly, teasing and exclusion are a typical part of many students' school experience. Bullying is so common that it can become virtually invisible. But inclusive classrooms foster a climate in which individual students know they will not be abandoned when they experience injustice. Inclusion means that we pay careful attention to issues of social

justice and inequity, whether they appear at the individual, classroom, or school level or extend into the larger community.

I have used Peggy Moss's wonderful children's book *Say Something* (Tilbury House, 2004) to engage students and teachers in discussions about what we do when we see someone being picked on. In the book, a young girl goes from witnessing and lamenting the mistreatment of her classmates to taking action to change the patterns she observes.



A powerful way to combat political apathy is by helping young people make connections between their lives and those of others.

This book and similar materials encourage students to talk about the concept of courage, about opportunities to be brave in both small and large ways, and about how they can make a difference.

Inclusive classrooms give us many opportunities to be our best selves, reaching across our personal borders to ask, Do you want to play? or Can I help you with that? Our lessons about how we treat one another extend beyond the specificity of rules (Don't tease children with disabilities) to broader, more inclusive discussions: How would you like to be treated? What do you think others feel when they're left out? How could we change this activity so more kids could play? How do you want others to deal with your challenges and triumphs, and what would that look like in our classroom?

Teachers in inclusive classrooms consider helping essential. The classroom becomes a more positive place for everyone when multiple forms of peer

support—such as peer mentoring and collaborative learning—are ongoing, consistent, and valued. Rather than saying, "I want to know what you can do, not what your neighbor can do," inclusive teachers say, "Molly, why don't you ask Luis to show you how to do that," or "Make sure everyone at your table understands how to color the map code."

Inclusive settings provide multiple opportunities to explore what it means to help one another. By challenging the

notion that there are two kinds of people in the world—those who need help and those who give help—we teach all students to see themselves as both givers and receivers. We recognize and honor multiple forms of intelligence and many gifts.

Courage to Change the World

When students develop fluency in addressing differences, are exposed to challenging issues, and view themselves as interconnected, teachers can more easily engage them in discussions about how to improve things.

Having a personal connection profoundly shifts one's perception about who has the problem and who should do something about it. When students have a classmate who comes from Mexico and is undocumented, discussions of immigration rights, border patrols, and fair employment practices become much more real. When students have learned to communicate with a classmate with autism, they

understand at a deep level that being unable to talk is not the same as having nothing to say. When a classmate comes from a family with two mothers, reports of gay bashing or debates about marriage rights become more tangible.


A powerful way to combat political apathy is by helping young people make connections between their lives and those of others and giving them opportunities to make a difference in whatever ways they can. Although it's certainly possible to teach a social-justice curriculum in a fairly homogeneous school, inclusive classrooms give us the opportunity to put social-justice principles into action. In inclusive classrooms, students can *live* a social-justice curriculum rather than just study it.

Inclusive classrooms that pay careful attention to issues of fairness and justice

Inclusion teaches us to think about *we* rather than *I*.

bring to the surface questions that have the potential to shift students' consciousness now and in the future: Who gets into the gifted program, and how are they chosen? How can we find a part in the school play for a classmate who doesn't talk? Why do people make fun of Brian because he likes art and doesn't like sports? How can we make sure everyone gets to go on the field trip that costs \$20?

Inclusive classrooms put a premium on how people treat one another. Learning to live together in a democratic society is one of the most important

goals and outcomes of inclusive classrooms. How could we want anything less for our children? 

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EL online

Visit the September 2008 issue of *EL* online at www.ascd.org/el to read a review of Mara Sapon-Shevin's book *Widening the Circle: The Power of Inclusive Classrooms*.

