
Twitter Trend #DisabledAndCute Is Empowering Disabled People

"It is important to see disabled people celebrating their bodies."



Brittney McNamara at **Teen Vogue**

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teenVOGUE

<https://www.teenvogue.com/story/disabled-and-cute-empowering-hashtag>

We've talked a lot about how important it is to love yourself this Valentine's Day. Part of loving yourself means loving your body, and accepting it exactly the way it is. That's exactly why writer **Keah Brown** started **#DisabledAndCute** a few days before V-Day. The hashtag, which has since taken off on Twitter, is an ode to Keah's journey to self-love and a celebration that points out that being disabled and being cute aren't mutually exclusive.

On Feb. 12, Keah kicked it all off with a tweet celebrating herself, other disabled people and non-binary people with a few photos and **#DisabledAndCute**. Now, there are tons of retweets on Keah's original post and many, many others have joined in, sharing their own **#DisabledAndCute** photos. While it's turned into an overall celebration of disabled bodies, Keah said she posted the hashtag in the first place as a way of celebrating her own growth in learning to love herself.

"I started it as a way to say I was proud of the growth that I made in learning to like myself and my body," Keah told *Teen Vogue*.

Now that the hashtag has grown and so many people are contributing to it, Keah said it's helping fight a major stigma that people with disabilities face: that you can't be both adorable and disabled.

https://twitter.com/Keah_Maria/status/830835882542366721

<https://twitter.com/PunkinOnWheels/status/830847355381567489>

"Disabled people are presumed to be unattractive and unlovable in a romantic way," Keah said. "In my opinion, the hashtag proves that to be false. The celebrations should show able-bodied people that we aren't the caricatures they see in movies and TV shows. We are much more."



Courtesy of Instagram/(@keah_maria)(<https://www.instagram.com/p/BIQRvCnBAPQ/>)