**Disability History Month: Our Stories.**

**Video transcript: Millie.**

My name is Millie Knight. I’m a four-time Paralympic Medallist and two-time World Champion, and I am visually impaired. But it's not necessarily something that interests me very much. Apparently, it's quite important for other people to know. I am really fortunate that I've never really faced too much discrimination when it comes to my disability. I have had some strange comments, you know, like: Oh, which eye do I look into when I speak to Millie? It’s like well which eye do you speak to when you speak to other people.

And then especially when it comes to a sports situation, I compete in the Paralympics and a lot of the time people kind of go: Oh yeah, but you didn't compete in the normal Olympics - it was the other one, not the actual Olympics. And that's that's quite funny too. But I think for me, the way that I've combatted any form of negativity that I've had is very much through humour.

And obviously in the right place and the right time, I think humour is definitely the best coping strategy, not just for me, but for other people as well, who maybe are a little bit awkward when it comes to disability. They don't really know what to say or do. My advice would be have confidence - whether it's to completely ignore it or embrace it and go in and ask somebody for help.

Don't be that person that just sort of stands and stares and looks awkward because that then makes everybody feel awkward. So make sure you ask because you know, there's no harm in asking. And I personally greatly appreciate it. But yeah, I don't want to be treated any differently. I think that's probably the same with most people with disabilities, that they just want to be treated like everybody else.

They don't want to be different. And I don't want to be positively discriminated either. I'd certainly not like to be given special treatment either, because that in itself makes me stand out more. And I guess at the end of the day, I love my disability and I'm really proud and I love what I see and how I see.