



## BIOGRAPHY

**Emily Flores** (*she/her*)  
Hero, Episode "Emily"

Emily, 19, is a Mexican-American disabled journalist and founder/editor-in-chief of Cripple Media. Cripple Media is the first media company run by and for young disabled people, aiming to give power back to young disabled people, and place them in leadership positions in media. Young disabled people write & report on stories about disability, create content on disability, and most importantly, take control of the narrative surrounding disability in media. Born with muscular dystrophy, Flores became a wheelchair user at a young age, and began to notice the extreme lack of honest representation of young disabled people in media, as most stories represented disabled lives as either tragic or inspirational, and most stories told by nondisabled people. This then inspired Flores to create Cripple Media, an exclusively disability run platform, at the age of 15. Cripple now has also expanded to consulting; working with brands and companies hoping to better understand the disability community and accessibility. Because of Cripple's work, the platform has been featured in the New York Times, Allure, Vogue Australia, and Flores was included in the Futures 100 Innovators 2022 List by the Future Laboratory. Flores hopes that with her Growing Up story, others learn how multidimensional and powerful the disability community is, and the value of placing young disabled people in charge of telling their own stories.