

Local Youth Leadership Summit Youth Facilitator's Guide



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Using this Guide



This Local Youth Leadership Guide was designed to assist Youth Leaders in planning, leading, and executing a school-level Youth Leadership Summit. With this guide, Youth Leaders will have the information and skills needed to execute a project and educate students about how to lead alongside individuals with intellectual disabilities (ID).

Near the end of the Local Youth Leadership Guide, there is information about continuing to support Unified Sports activities after the Local Youth Leadership Summit. By combining information from the Youth Summit with continued sports involvement, your school is on track to become a Unified Champion School. This guide also includes information on the elements of a Unified Champion School and what you can do to earn this title.

The guide provides information about the following:

- Definitions
 - o Common terms and phrases used throughout the guide
- Leading a Local Youth Leadership Summit
 - Overview of a Youth Summit: Basic principles of a Youth Summit and what information should be included
 - o 10 steps to leading a Local Youth Leadership Summit with helpful hints
- Youth Leadership Training
 - 30-minute training
 - 60 minute training
- Resources and Templates
 - Goals
 - Action Planning
 - Schedule
- Communication Materials
 As you prepare for your Local Youth Summit, keep track of information in this Local Youth Leadership Guide.



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Since 2001, Special Olympics has provided opportunities for Youth Leaders with and without intellectual disabilities (ID) around the world to engage in Youth Leadership Summits at World Games to develop their leadership skills and take action for inclusion off the court and into the community.

In 2018, there were 75,000 Youth Leaders engaged in leading projects to promote inclusion and respect for individuals with ID, according to the Special Olympics 2018 Reach Report.

Special Olympics and Lane Global Youth Leadership are teaming up for a ground breaking collaboration to empower Youth Leaders through the Lead to Include Project with added support by Kantar and Microsoft. Through this project, the number of trained Youth Leaders around the globe will continue to grow and support the creation of more inclusive societies.

Youth Leadership Summits will take place at the Regional, National, and local/school-level to inspire and ignite communities with attitudes of respect and dignity. Through this multi-tiered Youth Summit approach, Youth Leaders across the world will be empowered and educated to continue representing the #UnifiedGeneration.

History of Special Olympics



1968

Founding of Special Olympics and first World Summer Games at Solider Field in Chicago, Illinois, USA



1991

Special Olympics had 100 delegations participate in World Summer Games



2003

First Special Olympics Global Youth Leadership Summit in Dublin, Ireland



2019

Largest World Games in Special Olympics history in Abu Dhabi, United Arab Emirates



1977

First Special Olympics World Winter Games in Steamboat Springs, Michigan, USA



1989

Introduction of Special Olympics Unified Sports in Reno, Nevada, USA



200

Introduction of Spread the Word to End the Word campaign (now Spread the Word: Inclusion)



2018

50th Anniversary Celebration in Chicago, Illinois, USA



Special Olympics

Lead to Include Project



The five-year Lead to Include Project will develop a structure of global, Regional, National and school/local opportunities to train Youth as not only Youth Leaders, but as trainers of other Youth Leaders.

This project will support Special Olympics strategic objectives, including:



Growing number of trained Youth
Leaders with and without ID



Creating Regional, National, and local showcase moments for Youth Leadership leveraging engagement of Regional/National/local partners and governments



Growing number of Unified Schools and Unified Champion Schools with established and ongoing inclusive student organizations



Growing number of Youth engaged digitally with Special Olympics



Local Youth Summit Overview





OBJECTIVE

To provide youth with leadership development exercises and creation of ongoing youth-led inclusive programming

††† ATTENDEES

16-40 students/youth
with 4-10 teachers,
staff and adult
mentors from the
school and local
community



Must include youth leadership training and call-to-action for participants at conclusion of Local Youth Summit



Either a half-day or full-day of sessions and activities with 30-60 minutes for youth leadership training

Overview of Youth Summit



WHAT IS A YOUTH LEADERSHIP SUMMIT

Youth Leadership Summits provide Youth Leaders with the opportunity to develop their personal leadership skills and educate others about the impact of inclusion in their communities and around the world. Some of the key takeaways of a Youth Leadership Summit include:

- Understanding the importance of inclusion
- Developing leadership skills to educate others about Special Olympics
- Empowering other young people to make a difference in their schools and communities
- Leading initiatives that promote acceptance and respect

WHO ATTENDS A YOUTH LEADERSHIP SUMMIT

Participants both with and without intellectual disabilities are invited to attend a Youth Leadership Summit. Along with the Youth Leaders, there should be adult mentors to support the Youth in their journey for inclusion. Some of the criteria that the Youth Leaders and adult mentors should follow include:



- Youth between 13-25
- Special Olympics Program endorsement
- Previous involvement with Special Olympics
- Previous relationship between Unified pair



- Must be at least 26
- Is a Special Olympics volunteer or paid staff member (not parent), coach or teacher
- Is able to provide ongoing guidance to Youth Leaders
- Special Olympics Program endorsement

Steps to Leading a Youth Summit



The following 10 steps were designed to help execute a Local Youth Leadership Summit:

- 1 Connect with Special Olympics Program
- 2 Identify a School Mentor/Sponsor
- 3 Create a Leadership Team
- 4 Develop a Budget
- 5 Draft an Event Agenda
- 6 Recruit Presenters and Coaches
- 7 Invite Participants
- 8 Finalize Event Logistics and Agenda
- 9 Order Print Materials and Gather Equipment
- 10 Share the Impact

Connect with Special Olympics Program



Special Olympics Program staff can provide resources, such as event planning templates, sport-specific coaching guides, rules of competition, equipment, and other materials as needed. Staff may also be able to connect you with other Unified Schools who have led youth leadership activities or Unified Sports Experiences. Once you have connected with your Program, you will have the support needed to plan events for your Local Youth Leadership Summit and continue to lead and create sustainable activities for the Unified Generation.



Special Olympics Programs are divided in 7 Regions, as shown in the map above.

When using the Special Olympics Program Locator, determine which Region you are in to find your countries Program. Regions listed below and color-coded to match the Regional Map.

Special Olympics Africa
Special Olympics Asia Pacific
Special Olympics East Asia
Special Olympics Europe Eurasia

Special Olympics Latin America Special Olympics Middle East North Africa Special Olympics North America

STEP 1 CHECKLIST



- Contact Special Olympics Program
- Review resources shared by Program
- Connect with local Special Olympics Program staff (if applicable)





Find a School Mentor/Sponsor



Hosting a Local Youth Leadership Summit and leading the Unified Generation is hard work! Having a mentor or sponsor at your school who can provide advice, submit forms, and offer encouragement throughout your journey can set you up for success. A positive and involved mentor or sponsor should serve as a connection between the student body and administration to promote events and recruit participants.

When choosing an adult mentor, it is important to find someone who is passionate about supporting youth work. Some characteristics of a great adult mentor include:

- Compassionate
- Organized
- Dedicated
- Experience with Youth Leadership
- Background in Sports

While finding a school mentor or sponsor to serve in this role, be sure to communicate the requirements of this role to them. They will need to provide support in the following ways:

- Communicate with other staff and local community members about the upcoming Local Youth Leadership Summit
- Provide assistance when completing paperwork
- Determine ways to gain student engagement leading up to the event
- Assist in identifying presenters and coaches to lead sessions and activities
- Offer advice on the event and logistics but does not overpower the work of the youth

After you have identified a list of individuals who may be able to serve as a mentor or sponsor, send them a letter or email asking to meet in person to describe the role in detail. A sample template can be found on page 32 in the *Resources* section.

STEP 2 CHECKLIST



- Create a list of potential school mentors/sponsors
- Contact individuals and ask if they are interested
- Meet with staff to discuss role of school mentor/sponsor
- Select the school mentor/sponsor
- Schedule meeting with school mentor/sponsor to discuss upcoming Local Youth Leadership Summit





Identify a Leadership Team



Determine members of your leadership team by identifying a group of Youth Leaders both with and without ID, your mentor/sponsor, and any administration who may be involved with the Local Youth Leadership Summit. The Leadership Team will be responsible for creating the goals for the Local Youth Summit and guiding implementation of future events.

If you are looking for students to join the Leadership Team, potentially reach out to other student organizations and Youth Leaders who are involved on campus or sports teams who may be interested in being partners or volunteers at your Local Youth Leadership Summit.

Be mindful of who you choose for your leadership team! There will be a variety of ways for students to be engaged in the Local Youth Leadership Summit. Leadership Team members should be prepared to dedicate 5-10 hours each week in their role.

It is recommended that the Local Youth Summit Leadership Team include:

- Students with ID
- Students without ID
- School mentor/sponsor
- Teachers (both special and general education)
- Sports team coach(es)
- Administration or staff

Helpful Hint

Have Leadership Team members sign a contract stating they will serve as a leader for inclusion in their school and community!

Template for commitment contract can be found on page 33 of the Resources section

STEP 3 CHECKLIST



- Create Leadership Team with at least 5 members
- Have all members sign Commitment Contract
- Identify three goals for Local Youth Summit
- Draft timeline of events for planning process
- Schedule next Leadership Team meeting time and location



4 Review Budget



The Leadership Team should work together to review the funds available to host a Local Youth Leadership Summit and determine where the funding for the project will be spent. As part of the Lead to Include Project, you are able to apply for up to USD \$1,000 to support the implementation of the event (funding confirmed after review of application).

When building your budget, be sure to consider the following:

- How long will the Local Youth Leadership Summit be?
- Will there be a cost to use the venue?
- Will participants need to be transported to the Youth Summit?
- What types of meals and snacks will be served throughout the Local Youth Leadership Summit?
- Will there be any printed materials, apparel or gifts for participants?
- Based on the sessions, what type of materials or supplies will need to be purchased?
- Will equipment need to be purchased to host the activities of Unified Sports Experience activities?
- Who will be used for photography and videography? What is their rate?
- Will any speakers or coaches require a stipend for participating in the event?
- What a ways that we could reduce expenses of the Local Youth Leadership Summit?

After answering these questions, use the budget template on page 36 of the *Resources* section. It is recommended that members of the Leadership Team contact multiple businesses and venues for any of the items at the Youth Summit to determine the best and most cost effective options.

STEP 4 CHECKLIST



- Determine possible costs for the Youth Summit
- Answer questions about expenses
- Complete budget template
- Contact businesses/venues for quotes
- Send budget to Special Olympics Regional Staff for approval







After you have created your Leadership Team and formed the initial thoughts around the budget, it's time to create the first draft of your agenda. A sample agenda template can be found on page 37 of the Resources section. Two components that **must** be included in the National Youth Leadership Summit are:

1. Youth Leadership Training

- A 30-minute or 60-minute Youth Leadership Training should be included at the Local Youth Leadership Summit
 - In order for Youth Leaders to be fully trained to share information with other Youth the youth leadership training should be completed in its entirety

2. Call To Action

- After the training, participants should be prepared to share what they learned and continue to train other Youth to be the pioneers of the Unified Generation
- A call-to-action includes time to create a plan for an Innovation Grant project, lead a Spread the Word: Inclusion pledge day, Respect Rally or find another method to host a project that shows what they learned

Other items to include in agenda:

- Welcome or kick-off session to excite participants and highlight honored guests or VIPs
- Breaks between sessions
- A Unified Sports Experience or Unified Event
- A Fans in the Stands experience for participants
- Reflection session for Youth Leaders to think about the activities that happened during the day

STEP 5 CHECKLIST



- Determine best time to lead Youth Leadership training
- Create list of speakers to invite to kick-off session and other presentations
- Identify activity for Unified Sports Experience
- Plan cultural night or other activity to connect participants









It is important to find speakers and coaches to help participants develop their youth leadership skills and sports skills while maintaining a safe and positive learning environment.

YOUTH LEADERSHIP TRAINING

Examples of individuals who could be engaged as speakers at the Local Youth Leadership Summit include: Staff or volunteers from the national Special Olympics Program, teachers and administrators, local business owners and managers, local university professors, or other individuals with specialties that could be leveraged at this event.

UNIFIED SPORTS EXPERIENCE

If there will be Unified Sports activities happening at your Local Youth Leadership Summit, some examples of individuals to invite include school sports coaches, physical education (PE) teachers, local sports team players and coaches, college and university professors in sports and sports medicine, or others you may know who have a specialty in sports that will be played in your Unified Sports Experience.

Once speakers and coaches have been selected, check with your national Special Olympics Program to determine if there are certification requirements for individuals to lead or coach activities at your Unified Sports Experience.

If you are inviting speakers and coaches from outside of the school, check with your school mentor or administrator determine if there are safety requirements for them when visiting the school's campus.

A sample letter to invite a presenter or coach can be found on page 38 of the *Resources* section.

STEP 6 CHECKLIST



- Determine list of speakers/presenters for Youth Leadership Training
- Find coaches or professors for Unified Sports Experience
- Send letter to invitees
- Contact Special Olympics Program to determine if there are any certification requirements
- Check with school to see if there are any security requirements for guests to meet





Invite Participants



Once the logistics for the event have been determined, it is time to start inviting participants! Instead of creating a formal application and registration, send an invitation to students at your campus and other campuses to welcome them to the event.

When sending the invitation to potential participants, be sure to think about who would carry on the legacy of the Local Youth Leadership Summit within the school and community. Does the school have a leadership class? Are there any student organizations or volunteer clubs who would continue engagement? These are the type of questions that can help to determine who would be the best audience to attend the event. However, be sure to include other students and organizations and offer them the opportunity to attend as well!

With the invitation letter, there should be a section to RSVP for the event and send back to the Leadership Team. After all RSVPs have been collected from participants, a document or spreadsheet with the names and grades of those attending should be created. This will help the check-in process at the start of the Local Youth Leadership Summit run smoothly.

A sample of the invitation letter can be found on page 39of the Resources section. This can be used as the template to invite participants to your Local Youth Leadership Summit.

Helpful Hint

Reach out to a students or advisors of campus organizations and ask if they would be interested in attending.

Other teachers or administrators may have ideas of students to include as well.

STEP 7 CHECKLIST



- Select organizations or student clubs to send invitation for Local Youth Summit
- Ask teachers and administrators to recommend students to attend
- Finalize invitation letter and RSVP
- Create tracking document for participants who RSVP to attend



Finalize Event Logistics and Agenda



It is important to have the **dates, location and accommodations** for the Local Youth Leadership Summit finalized before inviting participants. At this time, the Leadership Team should also take time to review the agenda and ensure it is in its final form before sending and sharing with participants.

With the finalized agenda, the Leadership Team will want to contact the school or venue that is hosting the Local Youth Leadership Summit to confirm on-site logistics. Some of the things that should be reviewed include:

- Area for participants to check-in
- Room(s) for sessions and youth leadership training
- Space for Unified Sports Experience (if applicable)
- Locations for lunch and snacks
- Confirmed food and drinks on-site for lunch and snacks
- Equipment for use during Unified Sports Experience
- Materials needed for youth leadership training and sessions
- Copies of Pre-Summit and Post-Summit surveys for all participants

Once final logistics have been confirmed, the information should be shared with the Special Olympics Program staff and Special Olympics Regional staff.

STEP 8 CHECKLIST



- Send date and logistics to Regional Staff
- Share agenda with Regional Staff for review
- Create final list of speakers for presentations
- Finalize check-in form for on-site registration
- Send email to participants with logistics information and updates for the Local Youth Summit





Order Print Material and Gather Equipment



A branding toolkit with information about the Lead to Include Project logo, Special Olympics logo, sponsor logos, and other branding materials can be found on the Special Olympics Global Youth website here.

ANY PRINTED ITEMS WITH SPECIAL OLYMPICS BRANDING AND/OR SPONSOR LOGOS MUST BE SENT TO SPECIAL OLYMPICS REGIONAL STAFF AND APPROVED BEFORE PRINTING.

To ensure apparel and print material follow branding guidelines, review the branding toolkit before finalizing designs. Any apparel items ordered can be molded to fit the culture and needs of the Local Youth Leadership Summit. However, the Lead to Include logo and sponsor logos should be included on these items. Apparel is not required for participants of the Youth Summit, but can be distributed if budget allows.

It is recommended to contact the printer at least two weeks before the Youth Summit to receive proofs of materials and receive approval from Special Olympics Regional Staff before printing.

As the date for the Youth Summit approaches this is the time to start ensuring all equipment and materials needed for sessions are collected.

Helpful Hint

Consider having a few additional apparel items to give to local sponsors and supporters of your Local Youth Leadership Summit.

This is a great way to thank them for their work!

STEP 9 CHECKLIST



- Create designs for print materials
- Create designs for Youth Summit apparel
- Send proofs to Regional Staff for approval
- Have items printed for Youth Summit (once approval received)
- Ensure materials are ready and equipment is gathered



10 Share the Impact



BEFORE YOUR LOCAL YOUTH LEADERSHIP SUMMIT

- Create a Facebook event, include details about your Youth Summit, and invite students from your school
 - Anyone who is invited will receive updates about posts shared in the discussion
- Have a member of the Leadership Team make an Instagram account and start sharing photos during the planning and preparation processes of your Local Youth Leadership Summit
- If your school has a weekly update or newsletter that is sent to all students and staff, send in a brief description about your Youth Summit and information about the event

DURING YOUR LOCAL YOUTH LEADERSHIP SUMMIT

- Continue to share photos on Instagram with updates about the events happening. You could event spotlight participants and share quotes about their experience
 - We also recommend sharing photos with your local and National Special Olympics Programs so they can share on their Instagram accounts
- Invite local media, from TV to radio, to attend and broadcast events happening at your Local Youth Leadership Summit
- Use #LeadToInclude and #InnovateforInclusion on all posts to join others around the world and their posts about the importance of inclusion

AFTER YOUR LOCAL YOUTH LEADERSHIP SUMMIT

- Continue to share photos on Instagram about the impact of your Local Youth Leadership Summit and even share information about your Unified School with others
- Post-Summit if you decide to host Unified Sports activities, continue to invite local media outlets to spotlight the skills and excitement of your sports teams
- If you have a school newspaper, have Leadership Team members interviewed for the article and shared with students to recap the event

STEP 10 CHECKLIST



Create Facebook group and add participants
Share stories and photo updates on Facebook page and Instagram
Include description of Local Youth Leadership Summit or National Program newsletter
Invite local TV or radio station for an interview
Upload Youth Summit press release to Program website or include spotlight of the event
Draft blog post of planning process online
Connect with local or national newspaper for a write up of Local Youth Leadership Summit



Letter for School Mentor/Sponsor





DATE

[MENTOR/SPONSOR NAME] [MENTOR/SPONSOR TITLE] [SCHOOL/ORGANIZATION NAME]

Dear [NAME],

On behalf of the Youth Leaders and members of the Unified Generation, we are interested in having your guidance as a mentor to support our work in leading a Local Youth Leadership Summit at [SCHOOL NAME/LOCATION] later this [MONTH/SEMESTER/YEAR].

This Youth Summit is set to include [NUMBER OF] students and [NUMBER OF] teachers and staff from the school and local community. The event is part of the Lead to Include Project, 5-year Global Youth Leadership Project through Special Olympics and Lane Global Youth Leadership, with added support from Kantar and Microsoft.

Special Olympics Youth Leadership Summits bring together Youth Leaders with and without intellectual disabilities (ID) at the global, Regional, National and school-level. Through workshops and training at the local-level, young people are given the tools and skills necessary to be leaders in their communities. Following the Summit, Youth Leaders will deploy their training by developing other Youth Leaders for inclusion in other communities.

While we know how full and demanding your schedule is, we hope that you might consider supporting us in this event to a Unified Generation bringing an end to discrimination by building bridges to inclusion. This will be a unique opportunity for you to share your leadership skills, experience, and help us develop this next generation of inclusive leaders. As a school mentor, you would help us with the following:

- Communicate the other staff and local community members
- Provide assistance with paperwork
- Determine best practices for engaging students
- Assist in identifying presenters and coaches to lead sessions and activities
- Offer advice on the event and logistics

If you are interested in serving this role please contact [NAME] at [CONTACT INFORMATION].

It would be our honor to have you as part of our Leadership Team for our Local Youth Leadership Summit. We hope you can share this unforgettable experience with us.

[NAME]



Leadership Team Commitment Contact

l,		, commit myself to serving on the
	INSERT NAME HERE	
Leadership	Team for the Special Oly	mpics Local Youth Leadership Summit.
members,		gularly communicate with other team thoughts and ideas about activities,
	oer of this team, I will co on for the Local Youth Lo	entribute in any way I can during the eadership Summit.
	ng possible so they can	sure that Youth Leaders receive the return to their schools and train other
the Local Y	outh Leadership Summ	igage in the follow-up activities once it is over. I will help to collect metrics, penses, and review post-Summit outh experience.
Olympics a		e a main leader for the future of Special tion within my Program. I will represent
	SIGNATURE	DATE

Expected Outcomes

Use the space below to describe the goals for your Local Youth Summit along with the metrics you hope to achieve. Additional templates also available on the Global Youth Engagement site here.

Goal 1	Goal 2	Goal 3
Purpose	Vision	Legacy

Description of Metric	Total
Youth Leaders Trained (with ID)	
Youth Leaders Trained (without ID)	
Adult Mentors Trained	
Youth Leaders involved in planning process	
Social media impressions	
Sponsors/Partners/VIPs engaged	

Timeline Template



9 months before:
8 months before:
7 months before:
6 months before:
5 months before:
4 months before:
3 months before:
2 months before:
1 month before:





The following is a template for tracking the budget of the Local Youth Leadership Summit. An Excel document is also available on the Special Olympics Global Youth website here.

DESCRIPTION	(Local Currency)	TOTAL (USD)
Meeting Space		
Interpreters		
Meals and Snacks		
Uniforms/Apparel		
Print Materials		
Equipment Costs		
Speaker Fees		
Coaches Fees		
Security Fees (if applicable)		
Event Insurance		
OTHER		
OTHER		
	TOTAL (USD):	

Agenda Template Sample





Special Olympics [PROGRAM] National Youth Leadership Summit Agenda

Meeting Location
[INSERT INFORMATION]

Hotel Location
[INSERT INFORMATION]

Primary Contact Information: [INSERT INFORMATION - Name and Phone Number]

DAY 1: Date (DD/MM/YYYY)

Dress Code:

Time	Activity/Session Topic	Focus	Presenters
		Breakfast	
		Lunch	
		Dinner	

DAY 2: Date (DD/MM/YYYY)

Dress Code:

Time	Activity/Session Topic	Focus	Presenters
		Breakfast	
		Lunch	
		Dinner	

Recruitment Letter for Speakers and Coaches





[SPEAKER/COACH NAME] [SPEAKER/COACH TITLE] [SCHOOL/ORGANIZATION NAME]

Dear [NAME],

On behalf of the Youth Leaders and members of the Unified Generation, we are interested in having your expertise as a [SPEAKER/COACH] at our Local Youth Leadership Summit at [SCHOOL NAME/LOCATION] on [DATE] at [TIME].

This Youth Summit is set to include [NUMBER OF] students and [NUMBER OF] teachers and staff from the school and local community. The event is part of the Lead to Include project, 5-year Global Youth Leadership Project through Special Olympics and Lane Global Youth Leadership, with added support from Kantar and Microsoft.

Special Olympics Youth Leadership Summits bring together Youth Leaders with and without intellectual disabilities (ID) at the global, Regional, National and school-level. Through workshops and training at the local-level, young people are given the tools and skills necessary to be leaders in their communities. Following the Summit, Youth Leaders will deploy their training by developing other Youth Leaders for inclusion in other communities.

While we know how full and demanding your schedule is, we hope that you might consider supporting us in this event to a Unified Generation bringing an end to discrimination by building bridges to inclusion. This will be a unique opportunity for you to share your leadership skills and experience and help us develop this next generation of inclusive leaders. [INCLUDE WHAT YOU WOULD LIKE THEM TO PRESENT ABOUT OR WHICH SPORT YOU NEED ASSISTANCE COACHING].

If you are interested in serving this role please contact [NAME] at [CONTACT INFORMATION].

It would be our honor to have you as part of Our Local Youth Leadership Summit. We hope you can share this unforgettable experience with us.

Sincerely,

[NAME]

Invitation Letter and RSVP Sample





You're Invited!

On behalf of the [SCHOOL/COMMUNITY] we invite you to participate in the Special Olympics Local Youth Leadership Summit!

This event will focus on providing Youth Leaders with the opportunity to learn about inclusion and skills to lead their own inclusive events. As participants in the Youth Summit, Youth Leaders will gain the skills and knowledge they need to educate others about the #UnifiedGeneration.

Throughout the Summit, the following activities will take place:

- Inclusive Youth Leadership Training
- Unified Sports Experience
- Fans in the Stands Activity

Logistics for the Local Youth Leadership Summit:

- DATE:
- TIME:
- LOCATION:
- DRESS CODE:

To RSVP for the event, send the bottom of the portion of this form to [NAME] and [EMAIL ADDRESS] or to [PHYSICAL LOCATION] by [DATE]:
Name(s) of Participants Attending:
Student Club/Organization:
Do participants have previous involvement with Special Olympics:YesNo
Shirt Size(s): S M L XL XXL

Email Template for Participants





Pre-Summit Email

Hello [NAME(S)],

In less than a week we will be meeting in [LOCATION] for the Special Olympics Local Youth Leadership Summit! We are very excited for this event and for you to gain knowledge on the Unified Generation! We wanted to share a few updates with you before you attend the event!

- There will be a check-in table once you arrive. Here you will receive the agenda for the event and your Youth Summit t-shirt!
- Use #LeadToInclude or #InnovateforInclusion on your social media posts when leading up to the event! We cannot wait to see the photos and videos you share!
- There will be lunch and snacks on-site, however if you have any dietary restrictions, we would recommend bringing other options.
- Bring a positive attitude and get ready to have FUN!

We look forward to meeting you soon!

[SIGNATURE]

Special Olympics Local Youth Summit Leadership Team

Press Release Sample



Participants selected to attend the 2019 [PROGRAM] National Youth Leadership Summit

Youth leaders with and without intellectual disabilities upholding inclusion

[LOCATION] — [Month XX, XXX]: [Total number of participants] youth and adult leaders with and without intellectual disabilities have been selected to gather in [LOCATION] and [DATES] to share their ideas for an inclusive world. This diverse cohort of youth leaders represent the Special Olympics [PROGRAM] and span across all corners of [COUNTRY/AREA]. This Special Olympics National Youth Leadership Summit will continue the legacy of empowering youth to become change agents of inclusion in communities around the world.

"You're a leader. You believe in the inclusion revolution. You believe that everyone deserves respect," said Dr. Tim Shriver, Chairman of Special Olympics International said. "Each and every one of us has a gift and our job as members of communities all over the world is to create a place where every gift is valued. I am so excited to be a part of your movement to make Special Olympics and the restless dissatisfaction of the Special Olympics movement your own."

Over the course of [XX] days, participants will be provided with the tools, knowledge, and resources to strengthen their vision of inclusion and transform their schools and communities into places of unity and acceptance. At the same time, these youth with and without intellectual disabilities will develop valuable skills as inclusive leaders and solidify their role as change makers.

Following the Summit, participants will grow the Unified Generation movement through by educating other youth about the importance of Youth Leaders at the forefront of the inclusive movement. To build upon their momentum after the Summit, participants will have the opportunity to connect with their peers through online collaboration, amplifying each other's impact around the world. The participants will positively affect hundreds of schools and thousands of students—all while working toward one common goal: increased inclusion. To learn more about the movement, visit our website.

About Special Olympics

Special Olympics is a global inclusion movement using sport, health, education and leadership programs every day around the world to end discrimination against and empower people with intellectual disabilities. Founded in 1968, and celebrating its 50th Anniversary this year, the Special Olympics movement has grown to more than 6 million athletes and Unified Sports partners in more than 170 countries. With the support of more than 1 million coaches and volunteers, Special Olympics delivers 32 Olympic-type sportsand over 100,000 games and competitions throughout the year. Special Olympics is supported by individuals, foundations and partners, including Bank of America, the Christmas Records Trust, The Coca-Cola Company, ESPN, Essilor Vision Foundation, the Golisano Foundation, the Law Enforcement Torch Run for Special Olympics, Lions Clubs International Foundation, Microsoft, Safilo Group, Stavros Niarchos Foundation, TOYOTA, United Airlines, and The Walt Disney Company. Click here for a full list of partners. Engage with us

on: Twitter, Facebook, YouTube, Instagram and our blog on Medium. Learn more at www.SpecialOlympics.org.

Media Contact

[PROGRAM COMMS STAFF]
Special Olympics [PROGRAM]
P: [PHONE NUMBER]
[EMAIL ADDRESS]



Content for Local Youth Summit



This section provides information about the content to include at your Local Youth Leadership Summit:

YOUTH LEADERSHIP TRAINING

The Youth Leadership Training is a requirement for the Local Youth Leadership Summit. Because the event focuses on providing Youth Leaders with the skills and information needed to educate others about inclusive youth leadership, this section has activities and discussions that focus on this topic. This training is an outline of what to include in a session, but activities can be changed to fit the needs of the participants.

It is recommended to lead activities that other Youth Leaders could share with a larger audience to educate them about inclusion.

UNIFIED SPORTS EXPERIENCE

The Unified Sports Experience is not required for your Local Youth Leadership Summit. However, information about leading this activity at your event is provided within this section. There is also information about how to create a Unified School through the Unified Sports model.

CALL-TO-ACTION

At the end of the Local Youth Leadership Summit, Youth Leaders should have the information they need to educate others about their role as pioneers for Youth Leadership. Whether they are giving a presentation to another local school/community, leading a Spread the Word: Inclusion pledge day, Respect Rally, or other activity, there should be an event afterwards that engages Youth and their new knowledge.

Youth Leadership Training Overview



This section provides information on how to facilitate a 30-60 minute Youth Leadership Training at your Local Youth Leadership Summit.

In the 30 minute training, Youth Leaders (participants) will have the opportunity to learn about What Leadership Is, What Great Leaders **Do**, and discuss the components of **Unified Leadership**.

In the 60 minute training, participants will cover all information in the 30 minute training, but also can choose from two leadership topics (outlined in this guide) where participants engage in activities that cover the importance of exploring Youth Leadership, personal leadership, coleadership, and leading with a team.

This Youth Leadership Training was designed to be led by Youth **Leaders!** The youth of the Leadership Team are strongly encouraged to facilitate the activities and conversations around youth leadership. Adult mentors or teachers can be asked to assist with the training, but it should be in partnership with the Youth.

Once Youth Leaders have completed the Youth Leadership Training, they will have the information and skills needed to educate other Youth Leaders about the importance of Youth Leadership and lead the #UnifiedGeneration!



Pre-Summit Survey



The following page provides a handout with the Pre-Summit Survey to be given to participants before starting trainings at the Local Youth Leadership Summit.

Each participant should be given a copy of the Pre-Summit Survey and a writing utensil. Provide 10-20 minutes for participants to rate how true the following statements are for them. Names must be written at the top of survey forms.

A hard copy should be given to each participant or an online survey should be created that has a space for individuals to include their name.





Pre-Summit Survey

NAME				

For each phrase below, use an "X" to rate how true the following statements are for you. Please mark only one response for each phrase.

	NEVER	RARELY	SOMETIMES	MOSTLY	ALL THE TIME
I know my own strengths					
I understand how my feelings and actions affect others					
I can identify problems and possible solutions					
I believe I can make my community a better place					
I make sure everyone is heard in a group					
I am comfortable working with people who are different					
I know when someone needs help					
I can get through something even when I feel frustrated					
I set goals for myself					



What Is Leadership

Goal for Participants

To understand the definition of leadership and how positive leaders influence followers success

What is Leadership Discussion: 5 minutes

Facilitators share the following definition of leadership with the participants

Leadership

A relationship through which one person influences the behavior or actions of other people to achieve goals

Once you have shared the definition with participants, ask them the following questions and ask for volunteers to share:

- How as a positive leader impacted your life?
- When you think of positive leaders, what are some characteristics you think they embody?
- Think of a time when you have had a negative leader. How did that influence your participation and work?

After participants have had the opportunity to describe what a leader is and share their personal experiences with a leader, they will move on to the next portion of discussion and talk more about what great leaders do with the characteristics they have.

What Great Leaders Do

Goal for Participants

To identify common characteristics of great leaders

What Great Leaders Do Activity: 10 minutes

Facilitators lead the following activity with the group to help them understand characteristics of a leader and how they are also strong leaders

Activity: Leadership Web

Materials:

• 1-2 balls of yarn or string

Instructions for Activity

- Have participants form a circle in the room facing each other
 - o If there are 30+ participants, divide them into two circles wit 15+ people each
- The first person to start will share a leadership trait they think is important for leading a team or a trait they represent and why they are proud of it
- After someone has shared, they will hold on to the piece of string from the ball of yarn and toss to someone else in the circle
- After everyone has shared a trait there will be a leadership web in the center
- Have 2-3 participants drop the portion of the web they are holding (this will change the structure of the web)
 - Once the web has been dropped, it shows participants that when all leadership traits are not present, the leader and team cannot be a strong as they are if they work together

What Great Leaders Do

Goal for Participants

To understand the elements of Unified Leadership and implement them into everyday life

What Great Leaders Do Discussion: 15 minutes

Facilitators lead the following activity with the group to help them understand characteristics of a leader and how they are also strong leaders

Materials:

- A whiteboard, chalkboard, or other space to write thoughts where all participants can see
- Writing utensils for participants

Set-Up: Participants should be seated in a semi-circle facing the facilitator(s) as they write points from the discussion

- After leading an activity, the facilitator(s) will discuss some of the common themes of what great leaders do and why they are great
 - Ask the group why they think these characteristics are needed and how they can use them into their own leadership
- Once Youth Leaders have finished sharing, the facilitator(s) will discuss the following 6 characteristics of Unified Leadership from Special Olympics
 - The facilitator(s) will guide discussion on traits the Youth Leaders described in the Leadership Web activity and if they fall under one of the terms of Unified Leadership

Characteristics of Leadership

- **Empathy**: seeks diveristy, shows belief in others, authentic
- **Openness**: all perspectives matter, good communicator
- Bravery: challenges others, courageous, dares to fail
- Innovation: encourages growth and progression
- Accountability: inspires through action, results-focused
- **Grit**: resilient, relentless, shows drive, overcomes barriers

What Great Leaders Do

• There are 3 components of Unified Leadership that connect Special Olympics across the globe:



 As Youth Leaders, participants involved in this training are receiving the information and skills needed to expand and develop areas of innovation and research through the Unified Leadership model

Reflection

- Questions to guide reflection after participating in conversations and activities:
 - How can the 6 characteristics of Unified Leadership be leveraged to build more inclusive communities?
 - Where are places you can use the 6 characteristics of Unified Leadership outside of a traditional leadership setting?



60-MINUTE YOUTH LEADERSHIP TRAINING

Youth Leadership Training



For the 60-minute training, include the information presented within the 30-minute training. After leading this portion of the training, choose two of the following to include in the training:

• Exploring Youth Leadership

 Leadership Grid activity for participants to understand more about others who will be involved in leading activities

• Enhancing Personal Leadership

 Conversation with facilitator and participants to understand more about gaining confidence as leaders

Co-Leadership

 An activity that helps participants understand how their peers lead and what strengths each person carries that can help enhance a project through co-leadership

Leading as a Team

 This activity will help participants understand the five stages of group development and prepare them for these stages when leading their projects to promote inclusion

Once Youth Leaders have completed the Youth Leadership Training, they will have the information and skills needed to educate other Youth Leaders about the importance of Youth Leadership and lead the #UnifiedGeneration!

Exploring Youth Leadership

Goal for Participants

To understand that leadership styles are unique for each person and that it can change depending on experiences and involvement in activities

Exploring Youth Leadership Activity: 10 minutes

Facilitators lead the following activity with the group to help them get to know their peers as leaders and commonly shared leadership characteristics

Activity: Leadership Grid

Purpose: To connect with others about leadership opportunities in their lives and how experiences create diverse leaders

Materials:

- Leadership Grid Handout (located on the next page)
- Writing Utensils for the participants

Set-Up: Participants should have enough space to move around the room, so chairs or tables may need to be pushed to the side

Instructions for Activity

- The facilitator(s) will give each participant the Leadership Grid (a 5x5 table) and a writing utensil
- Youth Leaders (participants) will talk with one another to determine what leadership activities they have been involved in
- After talking to someone, if they have an activity that matches a square on the grid, the person will sign their name in that square
 - Once participants have filled an entire row (five total blocks) or signed every box on the sheet with names, they will sit down and wait for other participants to finish

Participates on a sports team	Always cooks with a cookbook	Leader of a club/organization	Enjoys performing	Is a great storyteller
Member of a club/organization	Takes care of a garden	Volunteers for local organizations	Can speak a different language	Enjoys traveling
ls a positive person	Can play an instrument	FREE SPACE	Enjoys creating art projects	Math is their favorite subject
Likes to publically speak	Enjoys spending time outdoors	Has traveled outside of the country		Prefers to work on projects with their hands
Has a mentor	Likes to tell jokes	Enjoys reading and writing	Takes care of a pet	Can navigate without a map

Enhancing Personal Leadership

Goal for Participants

To understand that leadership styles are unique for each person and that it can change depending on experiences and involvement in activities

Facilitators lead the following discussion to help participants understand methods to grow their confidence as leaders

Enhancing Personal Leadership: 10 minutes

Set-Up: Youth Leaders at tables or in chairs facing the front of the room and the facilitator(s)

Discussion: Building Confidence as a Leader

- The facilitator(s) will guide a conversation about some ways to build confidence as a Youth Leader
- Youth Leaders will have the opportunity to follow along with the discussion and write down important information on their handout
- The facilitator(s) will focus on the following ways Youth Leaders can increase their confidence when leading projects for their Program or local school/community:
 - Lessons not losses: Everyone makes mistakes, but when things do not go as planned, there is an opportunity to adapt. In your Youth Leadership journey, focus on the lessons learned from your mistakes, not the losses that might have happened.
 - You are your biggest competitor: When we think about competition, we think
 of competing with others around us. Looking at others can be a distraction to
 personal growth. Focus on competing with yourself and being better than
 vesterday.
 - Lean on your team: Don't be afraid to ask others for help when needed. When
 doing everything on your own, it can be overwhelming. Asking for help shows
 that you care about building others up, and have the confidence to ask for help
 when it is needed.
 - Lift up others: When we do nice things for others, it can make us feel better. Supporting team members or other Youth Leaders and celebrating wins can help you feel more confident within yourself!

Co-Leadership

Goal for Participants

To understand that leadership styles are unique for each person and that it can change depending on experiences and involvement in activities

Facilitators lead the following activity to help participants understand how they can use the strengths of others to be effective co-leaders

Co-Leadership Activity: 10-15 minutes

Purpose: To show Youth Leaders the different characteristics of their peers and how these strengths can be used to co-lead

Set-Up: Participants should have space to move around the room. If there is not enough space to do this activity standing, another option is having individuals stay seated and follow the movements detailed below

Instructions for Activity

- On the next page is a sample list of prompts to be shared with the group. After each prompt has been read out loud and/or shared on a presentation slide, participants will move
- The facilitator(s) will describe the three possible movements youth can make in response to the statements you will make. These responses include the following:
- If the person's response is "I ALWAYS do that"
 - Standing: Take two movements forward
 - Seated: Stand up
- If the person's response is "I SOMETIMES do this when my group needs me to or if I
 am feeling adventurous"
 - Standing: Stay in place
 - **Seated**: Raise one arm
- If the person's response is "I will RARELY do that"
 - Standing: Take two movements backwards
 - Seated: Raise both hands above head
- Between each prompt, ask participants to look at others in the line to see where everyone moved to in response the the prompt
- Once all prompts have been shared, have all participants return to their seats to engage in a reflection about the activity

Co-Leadership

Activity: Always, Sometimes, Rarely Prompts for Activity

- I talk to strangers in public
- I do my best work late at night
- I do my best work sitting in a classroom with other people
- I make to-do lists on the weekend
- I like to start projects
- I like to finish projects
- I like to think about projects
- I like group activities
- I enjoy organizing tasks and personal spaces
- I like to be in a crowd
- I love to read books
- I love to tell stories
- I like to try new things
- I enjoy learning about history
- I like to try new things
- I like to tell stories
- I take a lot of notes
- I feel happy when people say good job
- I do not need the praise of others to know I've done well
- I like to have conversations that are challenging (debates)
- I like to find patterns in numbers

Leading as a Team

Goal for Participants

To understand the 5 stages of team development and how all groups will work through them, no matter the group or individuals involved

Facilitators lead the following discussion and activity to help participants understand the 5 stages of team development and help them act out what they learned

Leading as a Team Activity and Discussion: 10-15 minutes

- The facilitator(s) will guide a conversation with the participants about the 5 stages of team development
 - After sharing each of the following definitions, give teams 2-3 minutes to create a 1-minute skit and then share them with the group
 - Once the 2-3 minutes it up, have participants share their skits with the group
 - Forming: Stage where you create the team and determine who the Youth Leaders will be
 - **Storming:** Stage the group will go through challenges and disagreements, but will encounter growth and help individuals to develop their new teamwork skills
 - Norming: Stage where group members will feel comfortable with their roles and determine best methods of communication for the group
 - **Performing:** Stage where group members lead a project or perform the role of their group while leveraging their strengths and interests
 - **Adjourning:** Final stage of team development in which the group work or project ends



Unified Sports Experience



Unified Sports Experience Overview



This section provides steps and ideas necessary to lead a Unified Sports Experience. This is a starting point to get students involved in Special Olympics activities and understand how to create inclusive events.

By leading a Unified Sports Experience (USE), individuals with and without intellectual disabilities participate on sports teams together. It is a recreational event that aims to provide an opportunity for individuals with different backgrounds to play together and learn from one another, showcase sports skills and talents to the community, inspire individuals to become more involved in Special Olympics, increase awareness for Unified Sports, and create a fun opportunity for friendly competition!

The following pages include a quick guide on how to include a Unified Sports Experience at your Local Youth Leadership Summit and what activities will appeal to students at your school. Elements of the Unified Sports Experience can be planned and executed by **Youth Leaders!** However, adults will need to be present to coach athletics and supervise the events.

Unified Sports was inspired by a simple principle:

Training together and playing together is a quick path to
friendship and understanding.



Planning a Unified Sports Experience

Checklist for Getting Started with a Unified Sports Experience to be used in conjunction with planning of Local Youth Leadership Summit.

STEP 1: FIND SUPPORT FOR YOU EVENT

- Either have the Leadership Team for the Local Youth Leadership Summit plan and execute the Unified Sports Experience, or work to create another committee that will specifically plan the Unified Sports Experience
- Determine if there is any paperwork to be submitted prior to the event or permissions to be granted
- Set goals and outcomes for the event that you believe your school will accomplish

STEP 2: CREATE A PLAN FOR THE UNIFIED SPORTS EXPERIENCE

- Identify the activity or activities that will be offered
- Divide responsibilities between team/committee members
- Create a schedule for activities at the event
- Make a checklist of equipment and supplies needed
- Determine snacks and beverages that will be offered (if applicable)
- Create a budget and follow it throughout the project

STEP 3: SET TIME AND LOCATION

- In partnership with your Local Youth Leadership Summit, determine the time when the Unified Sports Experience will start and time necessary for each activity
- Identify the facilities needed for the activities and the time required if individuals will be changing locations
- Confirm the location and time 1 week prior to the event

STEP 4: RECRUIT AND PROMOTE EVENT

- Recruit individuals who you will have start the activities and serve as the demonstrators on the day of the event
- Find volunteers to assist with running and supervising activities
- Invite VIPs/Special Guests to attend and participate
- Promote the Unified Sports Experience alongside Local Youth Leadership Summit

Planning a Unified Sports Experience

STEP 6: HOST UNIFIED SPORTS EXPERIENCE

- Have individuals assigned to leading the Unified Sports Experience arrive early to set up activities
- Create a registration table for individuals to check-in once they arrive to help you keep track of participants engaged
- Meet with volunteers to confirm their tasks and execution of activities
- Monitor engagement to ensure all participants are safe and included
- Have fun!

STEP 7: POST-EVENT FOLLOW-UP

- As a Leadership Team (and Unified Sports Experience committee, if one was created) to debrief and discuss
 - Were the initial goals and objectives accomplished?
 - What worked well and what could be improved?
- Send thank you notes to those who volunteered or contributed
- Share photos of your event and it's successes!

ACTIVITY IDEAS

There are a variety of sports and fitness activities that can be offered at a Unified Sports Experience. Down below is a list of the most common activities:

- Bowling
- Zumba
- Flag Football
- Kickball
- Basketball

- Field days/Relays
- Bocce
- Mile walk/run
- Floorball
- Aerobics



Post-Summit Requirements



After the completion of the Local Youth Leadership Summit, progress on the following should be shared with the Regional staff:

FINAL REPORT



A final report with event metrics and outcomes must be shared with Program staff 30 days after the event

EVALUATION



At the end of the Youth
Summit, an evaluation
should be given to
participants and responses
shared with Program Staff

CONTINUED ENGAGEMENT



Youth Leaders should have an activity (or activities) to engage in post Local Youth Summit to educate others about Special Olympics

Submit Final Report



Programs have 30 days after the completion of the Local Youth Leadership Summit to submit a completed final report to Program Staff. The final report will include the following information:

- Successes of the event
- Challenges or unexpected setbacks encountered
- Quotes/testimonials from participants about their experience
- Metrics achieved as a direct result of the Youth Summit (detailed in the final report template)
- Photos and videos via photo sharing site
- Final budget with all costs of Youth Summit
- Stories or blog posts from participants

Post-Summit Evaluation



The following page provides a handout with the Post-Summit Survey to be given to participants after ending trainings at the Local Youth Leadership Summit.

Each participant should be given a copy of the Post-Summit Survey and a writing utensil. Provide 10-20 minutes for participants to rate how true the following statements are for them. Names must be written at the top of survey forms.

A hard copy should be given to each participant or an online survey should be created that has a space for individuals to include their name. These responses will be compared to those of their Pre-Summit Surveys.

Along with the Post-Summit Survey, it is important to collect responses from participants about their experience. With a post-event evaluation, questions about sessions, activities, and engagement opportunities are important to understand what everyone gained from their experience.

The post-Summit evaluation can be given to participants in a physical or electronic form, whichever would be easiest for individuals to complete. An example of a post-Summit evaluation can be found on the Special Olympics Global Youth site here.

Once all evaluation responses have been collected, compiling them into a spreadsheet creates an easy location to review information. After this information is listed in one spreadsheet, it should be shared with Program Staff along with the completed final report.



Post-Summit Survey

NAME	•	

For each phrase below, use an "X" to rate how true the following statements are for you. Please mark only one response for each phrase.

	NEVER	RARELY	SOMETIMES	MOSTLY	ALL THE TIME
I know my own strengths					
I understand how my feelings and actions affect others					
I can identify problems and possible solutions					
I believe I can make my community a better place					
I make sure everyone is heard in a group					
I am comfortable working with people who are different					
I know when someone needs help					
I can get through something even when I feel frustrated					
I set goals for myself					

Continued Engagement



After hosting your Local Youth Leadership Summit, you are one step closer to becoming a Unified Champion School!

The Special Olympics Unified Champion Schools program is aimed at promoting inclusion through planned and implemented activities that promote inclusion. Sports is the foundation of this 3-component model, as shown below:

UNIFIED SPORTS

Host on-going Unified
Sports teams and activities
after leading a Unified
Sports Experience or create
an inclusive physical
education (PE)

class

By incorporating these
3-components into your school, you
will be leading the future of
inclusion within your local
community!

INCLUSIVE YOUTH LEADERSHIP

The Local Youth Leadership
Summit counts in this
category, however we
encourage you to start a
Unified Club, Peer
Pals, or other

programs

WHOLE SCHOOL ENGAGEMENT

Lead a *Pledge to Include*Campaign, a week-long
respect campaign, or
organize Fans in the Stands
to cheer on a Unified Team
during competition

Unified Sports



Special Olympics Unified Sports is an inclusive sports program that combines an equal number of Special Olympics athletes (individuals with ID) and partners (individuals without ID) on teams for training and competition.

Three models exist within Unified Sports:

- Competitive Unified Sports
- Unified Sports Player Development
- Unified Sports Recreation

Seven Criteria for Successful Unified Sports Program:

- All athletes and partners are meaningfully involved
- An appropriate sport is selected
 - There are qualified coaches, all ability levels can participate, facilities are available, and there are opportunities for competition
- Qualified coaches lead the program
 - A trained coach who understands the rules of Unified Sports, social inclusion, and has understanding of sports strategies
- Recruitment and selection of appropriate team members
 - Access, form and determine the Unified Sports model for the group
- Quality training leads to competition
 - 10-12 weeks of training occur before competition (if competitive model)
- Unified Sports rules are followed
 - o All Official Special Olympics Sports Rules should be followed
- Commitment of support
 - Support needed from Special Olympics Program



Inclusive Youth Leadership



Inclusive Youth Leadership is when young people of all abilities are given opportunities to be leaders in their schools and communities. These leadership activities help students find their voices and teach them to become change agents in their communities by promoting equity and acceptance. Social inclusion is best fostered when activities within the classroom, school, and community are designed and implemented by a diverse group of students within a school.

Examples on how to promote Inclusive Youth Leadership after your Local Youth Leadership Summit:

Create a Unified Club

- A Unified Club promotes acceptance, socially inclusive friendships, and student leadership.
 - Schedule: determine if meetings before or after school work best for the team
 - Activities: Lead events and activities on campus that promote inclusion and an understanding of others differences
 - Social Connections: Ensure that club members have the opportunity to connect and develop relationships through ice breakers or a lunch mates partnership

Peer Pals

- Create a peer mentoring program where older students and younger students with and without ID are matched together
- The older students would serve as mentors for younger students and help with leading whole school engagement activities or preparing for Unified Sports competitions



Whole School Engagement



Whole school engagement opportunities are awareness and educational activities that promote social inclusion and reach a majority of students and school staff members.

Whole school engagement is important because it teaches staff and students about diversity, it recognizes the contributions of all students, expands ownership of the Unified Champion Schools program, enhances and develops social skills, and creates a climate that makes all students and staff feel safe and valued.

Examples of Whole School Engagement activities:

- A Spread the Word: Inclusion campaign
- A school-wide respect week
- A poster contest promoting a welcoming school climate
- A Fans in the Stands program to help make posters, hold pep rallies, and attend Special Olympics events to cheer on the competition
- A session of mini-lessons throughout the school year that are related to social inclusion





Definitions



Throughout your Local Youth Leadership Summit, you may use the following terms to describe events and educate other students and community members about the impact of your project.

- **Unified Sports:** An inclusive sports program that combines students with and without intellectual disabilities (ID) for sports and fitness activities. Students of different abilities train and compete together as a team
- **Unified partner:** A student without ID who actively participates as a teammate with Special Olympics athletes in Unified Sports
- Special Olympics athlete: a student or community member how has ID
- Unified Schools: A school that conducts Unified Sports activities at least 2 times a calendar year
- Unified Champion Schools: A school that conducts Unified Sports activities at least 2 times a calendar year, offers Inclusive Youth Leadership training, and hosts events that promote whole school engagement of Special Olympics
- Inclusive Youth Leadership: Young people with and without ID join to lead advocacy and awareness efforts to increase inclusion
- Whole school engagement: Awareness and education activities that engage student body in a message of inclusion

