



## Youth Engagement Project

### What is it?

Special Olympics British Columbia is undertaking a Youth Engagement Project to connect young people aged 16 to 29 with the SOBC community, to collaborate and address the need for greater inclusion and respect for people with intellectual disabilities (ID) in communities across B.C. The SOBC Youth Engagement Project is funded by the Government of Canada under the Canada Service Corps program.

This is the second SOBC Youth Engagement Project – [please click here](#) to read about the inspiring inaugural participants.

### How does it work?

Successful applicants will run an inclusion project that must be part of one of three project themes (see below). Participants can choose their theme based on their personal interests and passions.

During the initial three months of the project (July to September 2020), the project participant will complete a 10-week Community Project Management training program. The training will consist of weekly hour-long interactive webinars and at-home assignments on the following topics:

- Week 1 – Introduction to inclusion
- Week 2 – Empowerment, co-creation, and self-advocacy
- Week 3 – Project management fundamentals
- Week 4 – Developing a project framework
- Week 5 – Stakeholder engagement strategies
- Week 6 – Creating and managing a project budget
- Week 7 – Recruiting and managing volunteers
- Week 8 – Communications and marketing
- Week 9 – Evaluating impact
- Week 10 – Reporting

During the training program, participants will develop their skills and create an action plan for the project. Upon completion of the course, participants will receive a Certificate of Completion as well as information, resources, support, and funding of up to \$1,000 to help implement their project.

From October 2020 to March 2021, participants will work with the support of SOBC to implement their projects.



### **What are the three project themes?**

Participants will have the opportunity to select from one of the following three types of projects:

1. Inclusive Schools – Special Olympics BC is dedicated to working with School Districts around the province to build Inclusive Schools through sport. Participants choosing this theme have the option of developing in-school 3-on-3 basketball programs, sports-themed ‘try-it days,’ or Spread the Word: Inclusion campaigns. For more information about the Inclusive Schools theme, please consult the information package at the end of this document.
2. Physical Literacy –In Special Olympics BC’s context, physical literacy refers to the extent to which people with intellectual disabilities are equipped with the skills and knowledge needed to be physically active. Examples of projects in this theme could include inclusive at-home workouts, educational webinars catering to people with intellectual disabilities, and/or the development of resources that promote physical literacy.
3. Nutrition Literacy – Nutrition literacy refers to the degree to which individuals have the capacity to obtain, process, and understand nutrition information and skills needed in order to make appropriate nutrition decisions. In other words, do people have the knowledge needed to know how to eat healthy? Examples of projects in this theme could include at-home cooking classes, educational webinars catering to people with intellectual disabilities, and/or the development of resources that promote nutrition literacy.

Given the current uncertainty about social gatherings in B.C., Nutrition Literacy and Physical Literacy projects will be conducted entirely online. We remain optimistic that in-person Inclusive Schools projects may be possible by the time projects are ready for implementation. However, participants selecting these projects may be required to develop an alternative, such as an online Spread the Word: Inclusion campaign, depending on the provincial health requirements as of January 1, 2021.

### **Why should I apply?**

As the goal of the selected projects will be to increase the level of inclusion and engage others, this service opportunity will provide you with a chance to make a real difference as a leader and a voice of change within your community. Additionally, this meaningful service opportunity will allow you to develop and enhance your personal and professional skills under the valuable mentorship of our staff at SOBC.

### **How do I apply?**

Submit a resume and cover letter to SOBC’s Youth Engagement Coordinator by email at [general@specialolympics.bc.ca](mailto:general@specialolympics.bc.ca) no later than 5 p.m. on June 22, 2020. In your cover letter, be sure to outline your motivations for applying and any ideas that you have for your project.



If you don't have a specific project in mind yet, let us know which of the themes interest you and explain why!

**Important Dates & Timelines:**

June 22, 2020	<ul style="list-style-type: none"> <li>• <b>Application deadline</b></li> </ul>
June 29, 2020	<ul style="list-style-type: none"> <li>• <b>Successful applicants contacted</b></li> </ul>
July 12, 2020	<ul style="list-style-type: none"> <li>• All participants attend the virtual <b>Youth Summit</b> meeting to develop valuable leadership and project management skills, and to familiarize themselves with SOBC.</li> </ul>
July 13 to September 31, 2020	<ul style="list-style-type: none"> <li>• Participants are introduced to their SOBC Local Committee.</li> <li>• Participants complete a <b>10-week Community Project Management training program</b>, which consists of weekly hour-long interactive webinars and at-home assignments.</li> </ul>
October 2020	<ul style="list-style-type: none"> <li>• Participants finalize a <b>project action plan</b> to guide them through the projects implementation.</li> <li>• Participants finalize a <b>budget</b> for any activities with associated expenses, which must be reviewed and approved by SOBC and the SOBC Local Committee.</li> </ul>
November 2020 to February 2021	<ul style="list-style-type: none"> <li>• Following approval by SOBC and the SOBC Local Committee, <b>participants implement their project.</b></li> </ul>
March 2021	<ul style="list-style-type: none"> <li>• Participants complete a <b>final report</b> detailing activities of service project and recommendations for future inclusion initiatives.</li> <li>• Youth Engagement Coordinator will complete a <b>final survey</b> to evaluate the overall experience of participants and Local Coordinators.</li> </ul>
March 2021	<ul style="list-style-type: none"> <li>• <b>Final Youth Summit and Awards Ceremony</b>; travel and accommodation will be provided if possible at that time. Depending on the current situation, the Summit and Ceremony may be held virtually.</li> </ul>
<p>Participants will be supported and mentored by SOBC and their community's SOBC Local Committee to ensure successful and timely completion of each of the above checkpoints.</p>	

If you have any questions about the application, please don't hesitate to contact SOBC Youth Engagement Coordinator Scott Howe at [general@specialolympics.bc.ca](mailto:general@specialolympics.bc.ca).



## Background – Special Olympics BC Inclusive Schools Initiative

Special Olympics BC is dedicated to working with School Districts around the province to build Inclusive Schools through sport. Youth Engagement Program participants may choose to take on an Inclusive Schools project. Teachers and administrators who have experienced the program say that “training, competing, and playing together is a quick path to understanding, acceptance, and friendship.” It is helping to make schools throughout the province Inclusive Communities.

**Below are three project ideas.**

*3-on-3 Basketball* – a 6- to 8-week sport program run in high schools.

With this initiative, the Youth Engagement Project participants can work with a school (or schools) to develop an ongoing weekly basketball training program. There are two types of SOBC 3-on-3 basketball programs, but both include bringing together students with ID and students without.

### *Special Olympics traditional 3-on-3 basketball*

Students with intellectual disabilities come together to train once a week in their sport. Students without ID would take on the role of coach and/or team manager. The Special Olympics 3-on-3 basketball team would be treated like any team within the school. This allows students with intellectual disabilities to feel included and supported within the school setting, while gaining essential activity and health opportunities.

### *Special Olympics Unified 3 – 3*

Special Olympics BC is developing a Unified Sports strategy to bring students with and without intellectual disabilities together on the playing field. When you connect students through sports, hearts and minds open, and misunderstandings and negative attitudes disappear.

Special Olympics Unified 3-on-3 basketball joins students with and without intellectual disabilities (IDs) as teammates. A team can range in size from a maximum of six players (four with IDs, two without IDs) to a minimum of three players (two with IDs,



one without an ID). Schools can have multiple teams. In a game, each shift would see two athletes with IDs and one student without an ID on the court.

### Special Olympics Try-it Day

Try-it days are a great way to introduce students to Special Olympics programs. This is a one- or two-day event where you set up stations for the athletes with ID to try different SOBC sports (such as bocce, curling, soccer, etc.) and the students without ID come in and help organize the event and run the stations. You can provide ribbons, or certificate and include a healthy snack for everyone participating.

### Spread the Word: Inclusion

The Spread the Word: Inclusion campaign is an international awareness campaign developed to change the world with language and actions of inclusion to end discrimination against individuals with intellectual disabilities. Participation can take a wide range of forms, but can include activities such as hosting an assembly and inviting students with ID to speak, running a booth with opportunities to sign the pledge for inclusion and handing out bracelets to those support, and/or making a day of education students about people with ID.