



SENIOR YOUTH INCLUSION CLUB STARTER PACK

**A GUIDE TO STARTING
YOUR INCLUSION CLUB**

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THE STEPS TO SUCCESS

1.

Building a Team

Find a group of students who are passionate about exceptionalities and special needs.

2.

Creating a Mission

Create a clear mission statement and vision that aligns with that of SENIA Youth

3.

Identifying Activities

Help fulfill your mission statement by choosing and scheduling events that best suit your skills and facilities.

4.

Kicking Off

Help fulfill your mission statement by choosing and scheduling events that best suit your skills and facilities.

5.

Staying Active

Maintain your relevancy and impact by implementing events and activities through the year

1. Building a team

At your institutions, there may be students who are passionate about inclusion and exceptionalities.

However, these hidden student leaders may

need some encouragement and recruitment to create a successful inclusion club. For optimal success for the base of your inclusion chapter, a core team of students who possess a passion for inclusion is essential. The team should be reliable and dedicated to making the club succeed. Within the club foundation, roles and responsibilities should be clearly established in order to make the construction of your inclusion club as effective as possible. After establishing your team, you will need to recruit more people to act as supportive club members, volunteers, and more. However, if you don't have a large amount of people in the beginning, don't worry! Your inclusion club will grow with your team's persistence for inclusion.



The 2018-2019 InvisAbilities team at the International School of Bangkok

2. Creating a Mission



The next step is to create a **mission statement** for your inclusion club. This should **represent the purpose of the club**: who you are, what you stand for, and how you are striving to fulfill your values. As your inclusion club is part of the larger organization of SENIA Youth, keep in mind that your mission should be in line with SENIA's youth's mission statement:

“**An association of young activists and students whose mission is to advocate for and provide resources/supports for differently abled individuals.**”

However, your mission statements do not need to directly follow SENIA Youth's mission statement and can still maintain their individual identities. For instance, the ISB InvisAbilities inclusion club's mission statement is:

**"Raising Awareness,
Fostering Inclusion,
Making Connections."**

Your mission statement should guide your activities' purposes in achieving inclusion. For instance, InvisAbilities bases its initiatives around the three "branches" of its mission statement, which ensures that all activities have a purpose and that the club has the optimal amount of impact.

3. Identifying Activities

Now that you have established your team base and your mission statement, you are now ready to start thinking about the activities

and events that your club will initiate. Your mission statement should guide the purpose of each activity. As mentioned before, InvisAbilities centers each of its activities around its mission statement: "Raising awareness, Fostering Inclusion, and Making Connections". The activities that we implemented under each branch are shown below.

Raising Awareness

- **InvisAbilities day:**
 - InvisAbilities awareness pins: handed out puzzle piece pins
 - Open Mic: performers and speeches to raise awareness for those with special needs
 - Light blue dress code: students wearing light blue to show support for those with exceptionalities
- **World Down Syndrome Day**
 - Sold fun and colorful socks (profits to Steps Wlth Theera)
 - Public announcements at assemblies and posters
- **Autism Awareness Day**
 - InvisAbilities + Autism spectrum awareness pins
 - Light blue dress code
 - Public announcements and posters

- **TriKids Triathlon**

- The InvisAbilities members were each assigned to a student from the Intensive Learning Classroom (ILC)
- The InvisAbilities members and the ILC kids went through the course (swimming, biking, and running) together.

- **Junior Special Olympics (JSO)**

- InvisAbilities members were paired with an ILC student and participated in JSO activities such as relay races, hula-hoop games, parachute, art activities, and computer games.

- **Steps With Theera Smoothie Fundraising**

- Collaborated with Steps With Theera, a vocational training center for adults with special needs
- Made and sold smoothies and baked goods.

**Fostering
Inclusion**

**Making
Connections**

Weekly "Buddies" Session

- InvisAbilities members go down to the Intensive Learning Classroom to play and interact with the ILC kids
- Each week has a different theme (ocean, fantasy, etc.) and the activities implemented fall under 3 categories (Crafts, Sensory, Activity).

More information about the InvisAbilities Inclusion Club's activities can be found on pages 9-16

4. Kicking Off

Now that you have all the essential pieces, it is time for you to finalize the details and kick off your inclusion club!

- **Coordinating with your adult supervisor:** Even though the inclusion clubs of SENIA Youth are student-led, your adult advisor/supervisor is important for club guidance and logistics. Check in with your advisor to learn the club requirements for your institution, get your club officially approved, and establish a set place and time to hold your meetings. Many schools already have a teacher who is an official SENIA Representative and might be a good fit to be your club sponsor.
- **Create a detailed plan for the year:** Plan ahead and set the dates for each of your identified activities. Your activities should be spread out throughout the year to maintain your relevancy. For each of your activities, make a checklist for the action items and materials needed. If possible, start delegating responsibilities and duties for each activity to your club members 2-3 months earlier.
- **Set goals:** Set goals for each meeting- what should be accomplished and what are our next steps? This could be assigning responsibilities to your club members or coming up with ideas for activities within events. Additionally, set goals for your events and each semester: what is the purpose of each event/how does it fulfill your mission statement and how can you accomplish this?

SENIA Youth Inclusion Club Registration

Now that you've seen what it takes to start an inclusion club, are you ready to register and become part of SENIA Youth? Here's a quick checklist of what you need before registering:

- Name of your SENIA Youth inclusion club
- Main person of contact/club leader and contact information
- Type of chapter forming (middle school, high school, university, etc)
- Adult sponsor name and contact information (if under 18 yrs)
- School/institute name
- Country, city, and zipcode
- Short blurb about how your inclusion club will help fulfill SENIA Youth's mission.

**READY? REGISTER YOUR
INCLUSION CLUB AT THIS LINK:**
<https://forms.gle/hUQLdiD38xZK2ENM6>

5. Staying Active

After kickstarting your club, you will need to maintain your inclusion club's alive by staying active throughout the school year. Here are some tips on how you can stay relevant:

BE VISIBLE

Make public announcements at assemblies, fairs, or other events that many students/members of your institutions attend. Put up physical posters for your events throughout your institution. Be active on social media (Instagram, Facebook, etc.) to advertise your events/activities or to advocate for your club's cause.

ORGANIZE IMPACTFUL EVENTS

Expand your presence by organizing large-scale events that are interactive and represent your inclusion club's cause. This gives your message of the importance of inclusion a wider reach and impact. For instance, InvisAbilities has an "Inclusion Week", which have Junior Special Olympics, Steps With Theera, and Open Mic.

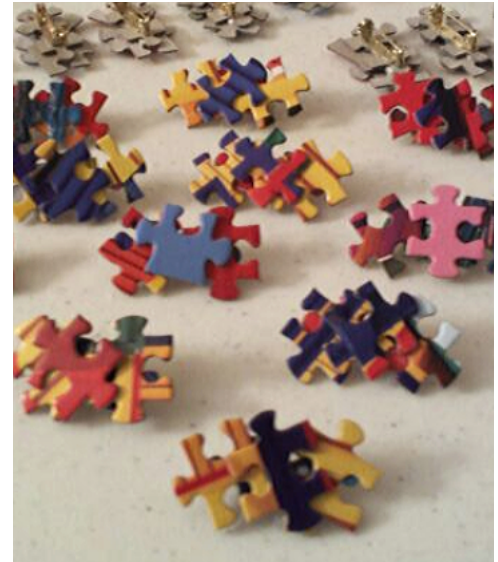
MAINTAIN NUMBERS

Maintaining your club members throughout the year is crucial. You can do this by organising weekly club meetings and reminding your members of meetings/upcoming activities every week via email/group-chat/etc. Assign responsibilities to your members to keep them engaged and passionate about inclusion.

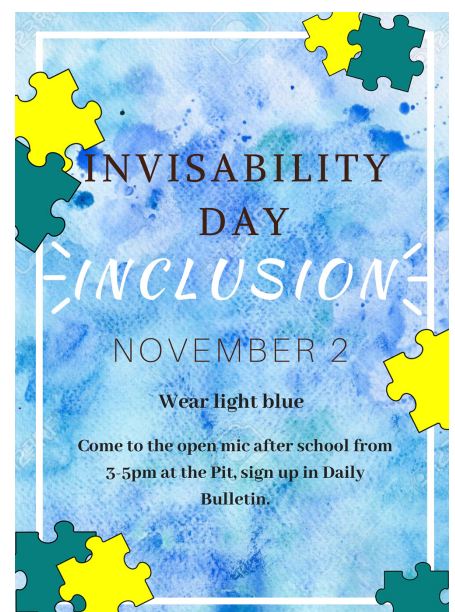
EXAMPLE OF A SENIA YOUTH INCLUSION CLUB: InvisAbilities at ISB

INVISABILITY DAY

- **InvisAbilities awareness pins:**
handed out puzzle piece pins
 - Supplies: pins, puzzle pieces, hot glue gun
- **Open Mic:** performers and speeches to raise awareness for those with special needs.
- **Daily bulletin:** posters and announcement on daily school email.
- **Light blue dress code:** students wearing light blue to show support for those with exceptionalities



Sample posters (printed and put around ISB):



LIGHT UP NIGHT BOOTH

Set up a booth at ISB Amnesty International club's event, Light Up Night, to raise awareness promote the rights of the differently abled

- **Baked Goods:** Sold InvisAbilities-themed cupcakes, brownies, and cookies. Each baked good came with an exceptionalities fact-flag.

INTERNATIONAL FAMILY FAIR BOOTH

Set up a booth at the annual ISB International Family Fair. To raise awareness for those with exceptionalities and add to funds for future events.

- **Baked Goods:** Sold InvisAbilities-themed cupcakes, brownies, and cookies. Each baked good came with an exceptionalities fact-flag.
- **Corn hole toss game:** Set up a game of throwing beanbags into different holes with prizes.
 - Prizes were inexpensive and purchased from local supermarket.
 - Three levels of prizes (small, medium, and large) that corresponds to the number of tosses the player gets into the hole.

WORLD DOWN SYNDROME DAY

Occurring every March 21st, this event was organised to advocate for those diagnosed with Down Syndrome.

- **Sold socks:** We sold socks, which represents the missing 23rd chromosome that causes Down Syndrome, to raise awareness for Down Syndrome.
 - Bought it in bulk for an inexpensive price to maximize profits.
 - Raised over \$1000 USD in profit, which was donated to Steps With Theera, a vocational training center for the differently abled.
- **Assembly announcement:** Had a presentation and announcement during the school assembly to spread the word for WDSD



Sample WDSD posters (put up around ISB):



AUTISM AWARENESS DAY

Occurring every April 2nd, this event was organised to advocate for those on the Autism spectrum.

- **InvisAbilities awareness pins:**
handed out puzzle piece pins at the cafeteria and throughout the school day.
 - Supplies: pins, puzzle pieces, hot glue gun
- **Light blue dress code:**
students wear light blue to show support for those with Autism.
- **Assembly and daily bulletin:** Had a presentation and announcement about Autism Awareness day.



Sample
presentation
slide for
assembly

Sample
WDSO posters
(put up
around ISB):



JUNIOR SPECIAL OLYMPICS (JSO)

This annual event was organised to foster inclusion of those with special needs at the ISB community. InvisAbilities members were paired with an ILC student and participated in JSO activities.

- **JSO activities:**

- Relay races
- Hula hoop hames
- Parachute
- Soccer and basketball
- Art activities (drawing)
- Computer games



TRIKIDS TRIATHLON

Transformed the TriKids triathlon, which was originally exclusive, by modifying it to be more inclusion-oriented. The InvisAbilities members were each assigned to a special needs student from the Intensive Learning Classroom (ILC). The InvisAbilities members and the ILC kids went through the course (swimming, biking, and running) together.



STEPS WITH THEERA SMOOTHIE DAY

Collaborated with Steps With Theera, a vocational training center for adults with special needs, to foster the inclusion of adults and children with special needs.

- **Made and sold drinks and baked goods:** collaborated with adults with special needs
- **Sold friendship bracelets:** helped the ILC children sell friendship bracelets to the high school and middle school
- **Posters:** Made and put up poster around ISB promoting this event



THURSDAY "BUDDIES" SESSION

InvisAbilities members go down to the Intensive Learning Classroom to play and interact with the ILC kids. This is to fulfill our third branch of the mission: to make connections or to make "buddies".

- **Different theme every week**
 - Examples: Ocean-themed, fantasy-themed, Halloween-themed, animal-themed, camping-themed, winter-themed
- **Activities for each session fall under 3 categories: Crafts, sensory, or activity.**
 - Craft: creating something
 - Sensory: engages the senses through touching, hearing, seeing
 - Activity: a physical activity

SAMPLE PLAN FOR BUDDIES SESSION:

Theme: Ocean

1. CRAFT:

- a. Ocean-in-a-bottle
- b. Paper plate jelly fish

2. SENSORY

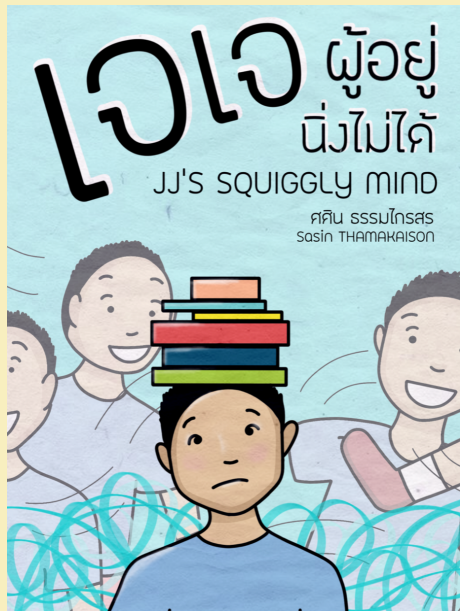
- a. Seashell fossil station

3. PHYSICAL

- a. Octopus game



At SENIA Youth, we additionally encourage our members to start their **own inclusion-oriented initiatives!** Here are a few examples of our members' individual projects:



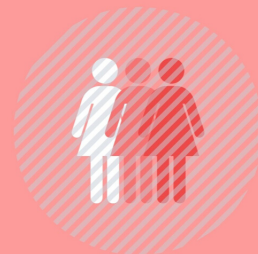
ADHD Picture Book Project
by Sasin Thamakaisorn



Social enterprise for learning differences
by Vienna Sparks



Female mental health and empowerment book by Mye Makornwattana



Take Her Away

Her freedom, her protection, her possessions, her power, her opinions... and finally, **her**.

Written by Mye Makornwattana

STARRISING

Now it's up to **YOU** to use this starter pack and the resources and examples within it to start your own inclusion club at your institution.

Together, as SENIA Youth, we can create a network of clubs that promotes inclusion across communities and countries!

REGISTER YOUR INCLUSION CLUB USING THIS LINK TO BE PART OF SENIA YOUTH!

https://docs.google.com/forms/d/e/1FAIpQLSdcPd4_W8GisbWy7JvhBs0Z6GxOk5G2X7bza_vgnlfqXrAAEQ/viewform?usp=sf_link

ACCESS THE SENIA YOUTH WEBSITE BY SCANNING THIS QR CODE!



QUESTIONS, COMMENTS, CONCERNS? CONTACT US!

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