



**Special Olympics**

Be a fan.

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## Project UNIFY.

### **Learn more about how you can create meaningful inclusive opportunities at your school:**

1. If your school has a Special Olympics team, find out how you can be involved in the Unified Sports program.
2. Support Special Olympics athletes during their practices and offer to help with training.
3. Honor the achievements of your school's Special Olympics team by including them in your school announcements, pep rallies, etc.
4. Provide social support in the classroom, in the hallways, and the overall school environment.
5. Form a cheer team just for your Special Olympics school team or organize "Fans in the Stands" for your Special Olympics team's games.
6. Write about your school's Special Olympics athletes in the school newspaper.
7. Form a group who can talk about Project UNIFY to Middle School students. Explain why it's important to respect everyone's differences.
8. Help spread awareness and be a part of the "Cool Schools" challenge by participating in the Polar Bear Plunge for Special Olympics. <http://plungede.org>
9. Use the *Get Into It* lessons and resources to inform your peers at school about respecting and accepting people's differences. <https://getintoit.specialolympics.org/>
10. Include the help of your school's Special Olympics athletes during the annual Special Olympics and Best Buddies' *Spread the Word to End the R-Word* day. <http://www.r-word.org/>
11. Talk to your advisors and school administrators with your plans for the "Spread the Word to End the R-Word" campaign. Plan ahead of time and meet with your school principal.
12. Be "Fans in the Stands" at Summer Games in June.

There are many more ways to build community through Project UNIFY ... the possibilities are endless. How will you make a difference?