

# RESPECT

RESPECT Starts with You! We encourage the promotion of RESPECT, inclusion, acceptance and unity for all students - regardless of disability - and encourage an end to hurtful speech and bullying.

## Choose to Include Spread the Word, Not the Virus

### Whole School Engagement for Students

### Post your Pledge!

Print a copy of the <u>Spread the Word to End the Word banner</u>. Sign the pledge and post a picture to social media with a caption of why inclusion is important to you. Don't forget to use #choosetoinclude #sonc and @specialolympicsnca in your post!

#### Be a Fan!

Record a short video of encouragement and positivity! Send your video to your coach and/or teacher to be shared with Special Olympics athletes during virtual events and competitions.



### **Virtual High Fives!**

Find a partner or small group and don't forget to check-in and check-up with each other! Ensure your Special Olympics athletes truly feel supported by moving beyond athletic practices and school walls. Set up a weekly time to offer a virtual high five and continue the growth of meaningful and inclusive friendships!

#### Tune In!

Check out the <u>Generation Unified YouTube channel</u> to find stories, trainings and videos directly from the Unified Generation. Share and discuss videos and topics with classmates and peers in virtual settings.

