

# JUST LIKE YOU™



## ABOUT US

Variety's Just Like You™ program is a series of free and fun disability awareness workshops which aim to build understanding, acceptance and inclusion of individuals living with a disability. It is delivered through an empathy lens and led by a person who lives with a disability themselves. The facilitator leads children through activities which are catalytic in changing attitudes and behaviours around disability, so children develop both an understanding and a desire to be more inclusive.

Just Like You™ is delivered as two separate face-to-face workshops to four different age groupings (kindergarten; grade one and two; three and four; five and six). Each workshop is tailored to its specific grouping.

## THE WORKSHOPS

### KINDERGARDEN WE ALL BELONG WE CAN ALL SUCCEED



**WEEK 1**  
30  
minutes

Through stories, our facilitator introduces young children to disability and the importance of ensuring everyone gets to belong.

**WEEK 2**  
30  
minutes

Students learn about adapted activities and through story telling will see that people with disabilities can still play and participate.

### YEAR 3 & 4 KNOW THE FACTS TO BETTER IMPACT



**WEEK 1**  
45  
minutes

Students develop an understanding of the different forms of disabilities, including physical, invisible and sensory disabilities and learn how to empathize with challenges people living with disabilities may face.

**WEEK 2**  
45  
minutes

Students practice how to use words that are positive and inclusive towards people who are living with a disability. Through a series of activities practicing these words, students gain confidence and commit to using positive people first language.

### YEAR 1 & 2 CELEBRATING DIFFERENCE CREATING INCLUSION



**WEEK 1**  
45  
minutes

This presentation will help students to gain a fundamental understanding of why uniqueness is valued and should be celebrated. Students will learn how to identify differences as a positive feature in their lives.

**WEEK 2**  
45  
minutes

Students learn what disabilities are and the different types of disabilities. Students learn the importance of inclusive practices and commit to treating everyone with respect and understanding.

### YEAR 5 & 6 CHALLENGING THE NORMS FIND THE EXTRAORDINARY



**WEEK 1**  
45  
minutes

Pre-conceived ideas around disability are challenged. Students will look at their own role in society and their contribution to positive and negative mindsets. Students will then practice integrating alternative modes of communication and movement in to their classroom environment.

**WEEK 2**  
45  
minutes

Students will learn stories of people who are living with disabilities and living incredible inspiring lives. These workshops also address myths and stereotypes about disabilities and talks about how people living with disabilities can live impactful lives and make a difference in their communities.

## WHAT WE KNOW

Over 37% of school children with a disability were reported as having difficulty fitting in socially at school. Studies from around the world have shown that more than 60% of students living with disabilities report being bullied weekly, and most report that they are regularly excluded and socially isolated.

## WHY WE DO IT

The Workshops celebrate what makes a person different through interactive activities whereby students learn that people with a disability as the same as everyone else. They are... **JUST LIKE YOU!**

