

Issue n#5:

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- 2012 Initiatives Sub-Regional calendar
- 2011, a year in review!

"Only by facing the facts and resolving to meet the challenge head-on can something be done. Only if we broaden our understanding can we help individuals with Intellectual Disabilities to escape into the sunlight of useful living".

In memory of Eunice Kennedy Shriver, 1921-2009, SO Founder.



Stepping - Up and right into 2012:

Initiatives projects are defined in our strategic plan 2011-2015 under **"Building Community"** pillar, with calls to empower our major stakeholders, athletes' leaders, youth, families and young athletes, giving them leading roles in our movement.



A message to SOMENA programs' leaders: what is expected of them in 2012, in terms of **BUILDING COMMUNITIES...** Are They Ready for the Challenge??

Project Unify and YOUTH INVOLVEMENT	Families as COMMUNITY BUILDERS
<p>YOUTH ARE MAGNIFICENT! Building youth capacities through extensive awareness and involvement as playing unified sports, cheering stand, observing own and others speeches and attitudes toward people with Intellectual Disabilities. Refer to Project Unify®. Programs' leaders are encouraged to build partnership with key bodies as Ministry of Education, universities, schools, to reverse stereotype; 2012 has to be the year of the YOUTH through education, reporting and advocacy, through calls for social changes. Inviting youth to lead: Structure a Youth Committee to work hand in hand with leaders to achieve social justice, to fund raise, Fan Raise and Fun Raise</p>	<p>FAMILIES ARE TERRIFIC! Families are encouraged to bring active support to the movement. What matters to them, matter to us. What they do today will impact their and their SO athlete's life. They are invited to be coaches, nutritionists, athletes' recruiters (young and old). Our fight is their own in term of inclusion, respect and human values. Parents are encouraged to share best practices, assist in recruiting and educating families and potential supporters about the importance of inclusion, early child intervention and the young athletes program. Their solemn engagement is required in four key areas: healthy homes, family volunteers, Young Athlete Program and community builders.</p>
Young Athletes Program (YAP)	Athletes Leadership Program (Alps)
<p>YOUNG ATHLETES ARE TERRIFIC! Congratulation to SOMENA programs that are launching, spreading and developing the YAP locally. Early childhood is a crucial time for a Young Athletes to develop foundational skills. Parents are encouraged to train their own kid on YAP, share activity guide and reach out for parents of young children to join the Family Network Support. Programs are encouraged to contact institutions having kids with ID aged 2½ through 7 years old and introduce them to the YAP.</p>	<p>ATHLETES LEADERS ARE TERRIFIC! Through Alps, athletes are encouraged to voice their opinion on sports and social programs. It is a MUST to have athlete on board, athlete as a Full Time Employee (FTE) at SO local program. Leaders are asked to recruit and increase leading athletes count. Numbers should reflect how much a program is serious in managing this initiative.</p>

Starting 2012, all initiatives outcomes will be measured in numbers: YA, youth, families, schools...

2012 Initiatives Expected Metrics, summary table:

Goals	Metrics	Time line
1. Schools and Youth active outreach	Involve at least 10 schools : recruit at least 200-300 youth , from schools and universities as FAN for SO; Organize 10 unified sports events, 1 EKS event ;	All year long
2. Athletes Leadership programs (Alps)	To recruit 36 athletes as leaders (out of 1540 registered athletes), that is training 20 new athletes on leadership position.	All year long



3. Families and Young Athletes Program (YAP)	Attract 200 family members, 40 new (parents of new Young Athletes); Increase family gathering (at least 2). Recruit 70 Young Athletes for their demonstration;	All year long
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For your comments, suggestions:
nfetouni@specialolympics.org

2012 Proposed Initiatives Sub-Regional Initiatives calendar:

2012 Initiatives Distribution over time and Programs

Initiatives	Program	Month	from	to	total P
1 FSN YAP	Egypt	March	9	13	12
2 FSN YAP	Doha	April	26	30	10
3 FSN YAP	Morocco	May	25	30	14
					36

Initiatives	Program	Month	from	to	total P
4 YAS	UAE	April	6	11	27
5 YAS EKS	Lebanon	September	21	25	27
6 YAS	Tunisia	November	9	13	33
					87

Initiatives	Program	Month	from	to	total P
7 Alps	Egypt	May	18	23	18
8 Alps	Muscat	October	1	4	18
9 Alps	Algeria	December	7	11	22
					58

Based on **SOI Strategic plan**, the **Building Community pillar** and the **desire to enforce the role of youth** and families at the local level, **9 Sub-Regional Initiatives events** are planned for **2012**. These events will happen at the sub-regional level, giving opportunity to all programs to be actively involved in social enhancement:

Our SOMENA Leading Athletes will be educated and informed on the mission, philosophy, benefits of Special Olympics with a focus on **public speaking techniques** and public appearances. Improve personal effectiveness of the athletes to generate positive actions and reactions within their communities. Another group will be trained to answer the following 3 questions: **what to do and why, want to do**, and have the adequate skills to achieve the **"how to do"**.

Each one of the 3 family gathering will be planned as a **family focus group**, whereby a group of SO athletes' parents will be asked about their perceptions, opinions, beliefs and attitudes towards a service, concept, idea and program pertaining to SO movement. **Parents will be introduced to the YAP.**

Practicality of youth involvement: Let youth **Model Acceptance** around. They will be invited to define actions that build - up a culture of acceptance and respect for personal differences. Major tasks for youth to focus on in 2012 are: to establish SO College within their school, celebrate EKS day, promote the rights of individuals with Intellectual Disabilities, spread the Unified Sports concepts ... to name few.

2011, a year in a view:

To spread awareness around, 80 students from the Lebanese International University and 20 SOL athletes walked and run at 2011 Beirut International Marathon, calling for the right of inclusion of all individuals within the community regardless personal differences.

ONE WOMAN VISION: 6 SOMENA programs organized an EKS event to celebrate the memory of Eunice Kennedy Shriver.



PLAYING Unified, LIVING Unified!



<p>SO Egypt: 100 athletes, parents, youth gathered to celebrate EKS legacy.</p>	<p>SO Lebanon: 40 joyful youth 12-24 applaud 40 A/P playing Basket Ball Unified Sports®.</p>	<p>SO Tunisia: 97 families and athletes gathered to reflect on EKS achievements & SOT challenges.</p>	<p>SO Bahrain: official gathering of 65 families and athletes, with a focus on awareness.</p>	<p>SO Jordan: 100 youth played BB – FT unified sports® applauded by families, friends and volunteers.</p>
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**SO Morocco celebrates EKS day with a family gathering.*

With a will to promote parent involvement and launch the Young Athletes Program, 150 persons, including SOT athletes, parents SOT staff, media people and youth met at **"Tunis Air Retirees association"**. Issues as good sports training programs, healthy diet and school integration were discussed. To parents it is suitable to invite a

psychologist to training site to observe, evaluate athletes training. **Work opportunity** is the most recurring parents' request; In Tunisia, youth are not educated to volunteer. More effort is needed here. Youth can be leaders in the field of social media and awareness.

11 family members were interested to join a family committee ready to draft a plan that promote parents' role

within the movement and propagate the YAP. An issue to follow closely.

ON BUILDING COMMUNITIES: youth a major force of change:

Youth are major key players in local communities building.

In 2011, Youth were more and more rallying to our cause, appearing with our athletes, playing unified sports, running for our cause, forming a youth committee.

Getting youth more active through a youth committee, where members will formally engage in: Unified Sports®, cheering teams, social networking, volunteerism, and leadership development. To facilitate youth recruitment, SOMENA programs leaders and staff will have to work hand in hand to:

- Create a list of meaningful age/skill tasks appropriate for youth engagement*;
- Create more opportunities at games and events for youth to develop their leadership skills and act accordingly*;
- Look at the unified sports as a source for recruitment of youth leaders*;

*** (recommendations voted in Morocco, during the global congress, June 2010).**

Together we can bring in the voice of youth to formulate actions that acknowledge the rights of people with Intellectual Disabilities. Lebanon, Jordan, Bahrain, Tunisia, Mauritania are among SOMENA programs involving youth and give them opportunities to lead through: spreading SO/II curriculum, frequently organizing unified sports, conducting awareness campaign, signing the pledge to stop using the r-word. These calls to action are among a list of activities, included in Project Unify, an education-based project, that uses the sports and education programs of SO to invite young people to be active and lead the way to social justice.

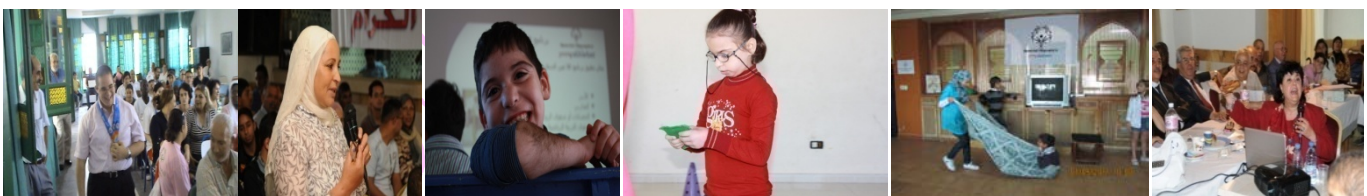


ON BUILDING COMMUNITIES: Families and Young Athletes Programs:

SO Morocco, SO Mauritania, SO Egypt, SO Tunisia, SO Lebanon, SO Jordan are reaching out for families and young athletes, believing they are the main stakeholders of our movement. Today's approach has to be different to get parents' interest:

- Assess and convey information, resources, best practices that trigger their attention;

- Form local family focus group whereby families will communicate their perceptions, opinions, beliefs and attitudes towards a service, concept, idea and program pertaining to SO movement (including YAP)..
- Recruit locally at least 2 Family leaders trained on community building projects.



SOMENA Global Youth Activation Summit Team:

SO Jordan

SO Morocco

SO Tunisia



3 SOMENA programs joined SOI Global Youth Activation Summit and they are SO Jordan, SO Morocco and SO Tunisia. Their mutual tasks are to **Project** a unified global message about the importance of young people leading toward Societal acceptance of people with Intellectual Disability; to **Promote** the outcomes of the Global Youth Activation Summit and **Become** leaders in advocacy for individuals with Intellectual Disability on a personal, school, and community level.

SOMENA Global Family Leader: Mrs. Miral Mursi, from Egypt, Mother of Omar. Omar joined SO in 2009. He trains and competes in horseback riding, swimming and football. Miral will be actively involved in spreading and developing the Family Support Network along with the YA program.

