



Parallel Learning Resources for an Adult Ally

This resource includes prompts to consider in reflection and proposals to enhance the connection with your team – all leading to a fully engaged Youth Summit experience.

A Commitment to Lifelong Learning and Sharing

Throughout this week and when you return home, we challenge you to become **lifelong learners and sharers**.

What does this mean?

This Youth Summit is an environment that gathers agents of change of all abilities so that each can learn and share with one another. In this environment, it is imperative we co-promote a climate that supports creativity and curiosity, as a means to maximize our time together.

Youth leaders, who possess various talents and strengths, will have the opportunity to gain valuable experience, insights and perspectives through interactive workshops, discussion team reflections and hands on experiences. As adults, you possess a wealth of knowledge, skills and understandings that are pivotal in ensuring everyone – youth leaders of today and yourselves – has a remarkable experience!



Being a Mentor and an Ally

As believers in the powerful impact youth leaders of all abilities create every single day, we celebrate your role as both a mentor and an ally!

We all have opportunities to be both an ally and a mentor!



THROUGHOUT THE YOUTH SUMMIT, YOU CAN EMBODY THE ROLE OF A MENTOR IN THE FOLLOWING WAYS

- Share the goals and plans of the State Program. Throughout the week, share pre-existing initiatives of the State Program that can connect with what is currently being discussed.
- Articulate your personal experiences, which include the successes, challenges and implications it may have for today.
- Undertake responsibilities of a chaperone, to ensure group safety and adherence to the Youth Summit expectations.

**Who would you consider a mentor?
How have they mentored you?**

TOGETHER, WE ARE ALL ALLIES IN THE LEARNING JOURNEY. YOU ALSO EMBODY THE ROLE OF BEING AN ALLY IN THE FOLLOWING WAYS

**Who would you consider an ally?
What made them an ally to you?**

- View collaboration as an equitable process, where all views are shared.
- Promote a discussion of roles and how to be the best learners and sharers.
- Strive to 'struggle with' rather than 'struggle against' when encountering challenging situations or discussions with the group.

Being an Ally is about a Disposition

Being an ally is about a **disposition**. Through our daily individual endeavors and insights, we craft our dispositions. You will be asked to share your personal dispositions below. **Dispositions** represent our beliefs, values and skills that influence our actions.

- **Beliefs** are assumptions we have for others, the world and ourselves that determine our outlook.
- **Values** are ideas and principles we perceive as important that influence our decision-making.
- **Skills** are talents and strengths we can utilize to express our beliefs and values.
- **Actions** are elicited from the development of our dispositions, which is shown in how we share and learn with one another.



Dispositions can change over time as we experience new situations and reflect on our leadership. The following is a disposition that an ally might embody:



You, as an Ally

As we initiate conversations on what it means to be an ally, consider how you are an ally.



In the following **red boxes**, identify the dispositions you possess (beliefs, values, skills), and articulate the actions that accompany each disposition in the **grey dotted arrow**. You are welcome to consider starting this prior to the Youth Summit, as this will be a guide for our first Mentor Meeting.

If you have challenges identifying the action(s), you can identify questions to ask fellow allies during scheduled Mentor Meetings.

Authenticity <i>(disposition)</i>	<ul style="list-style-type: none">• I express eagerness to help. When asked for help, I fulfill our shared agreements. <i>(action)</i>• I provide constructive feedback and proposed enhancements. <i>(action)</i>

Agenda

Learning Objectives & Action Items for Adult Allies

This Workbook includes the detailed agenda for our journey together. Below is an agenda that details learning objectives and action items for the adult allies.

Welcome Session

- ✓ *Learning Objective:* Attain a shared understanding of social inclusion within the Youth Summit.
- ✓ *Action Item:* Enrich how both youth and adult allies communicate the message of social inclusion and Unified Champion Schools to elicit support and initiate partnerships to advance Unified Champion Schools at the state level.

Inclusive Youth Leadership and Student-Led Unified Sports Guide Reflection Sessions

- ✓ *Learning Objective:* Identify challenges to Inclusive Youth Leadership in schools and the State Program Level. Engage in brainstorming sessions around what is needed to overcome those challenges.
- ✓ *Action Item:* Share State Program goals for expanding Unified Champion Schools and Inclusive Youth Leadership to support youth leaders in strategy development for Unified Champion Schools within the State Program.

Leadership Development Session: Teamwork

- ✓ *Learning Objective:* Embody the dispositions needed to be a good ally, both adult ally to youth ally, and adult ally to adult ally.
- ✓ *Action Item:* Through utilization of the strengths and talents, commit that every person can be engaged in meaningful ways.

Leadership Development Session: Communication

- ✓ *Learning Objective:* Deepen skill growth in being an effective communicator and discussion co-facilitator.
- ✓ *Action Item:* Construct practices on how to adapt a message – for any given audience with diverse abilities – as an advocate.

Leadership Development Session: Environment

- ✓ *Learning Objective:* Develop a greater understanding of how to promote a supportive and engaging school climate.
- ✓ *Action Item:* Identify strategies to implement during informal and formal gatherings in schools, to cultivate a culture where all feel comfortable to contribute and questions are encouraged.

Leadership Development Session: Co-Leadership

- ✓ *Learning Objective:* Classify the similarities and differences between leadership and co-leadership.
- ✓ *Action Item:* Examine ways adult allies can be helpful to youth leaders who serve in both leadership and co-leadership opportunities.

Volunteer training for Unified Sports Festival

- ✓ *Learning Objective:* Establish clear understandings of co-leadership roles for the Unified Sports Festival.

- ✓ *Action item:* Discuss how a similar event could advance Project UNIFY in your state and how co-leadership is an essential component of the design and implementation.

Youth Expo

- ✓ *Learning Objective:* In partnership with your student leaders, construct a plan for further activation of Special Olympics Unified Champion Schools within your state.
- ✓ *Action Item:* Determine how the State Program can support its implementation and identify ways to gauge effectiveness through individual and collective reflection.

Unified Sports Festival or Unified Sports Day

- ✓ *Learning Objective:* Identify meaningful co-leadership situations and use them as teachable moments for oneself during the Unified Sports Festival or an event related to Unified Sports.
- ✓ *Action Item:* Gain knowledge and awareness of the festival operations: what worked, what did not work, when were people having the most fun, how the experience can be improved and generate ideas for a similar event in your state?

Final Discussion Team Meeting

- ✓ *Learning Objective:* Celebrate the shared and individual learning experiences from the week to take back home.
- ✓ *Action Item:* Revisit our shared commitment to lifelong learning and sharing.



Mentor Meetings

On the agenda, time should be allotted for adult mentors to gather, reflect and discuss their individual journeys at the Youth Summit. While part of the meeting will cover logistical information, it also will be a place to synthesize shared learning and engage in conversations about the Youth Summit. Refer to the agenda in the Youth Summit Workbook for the times and location of these meetings.

Prompts

Prompts can be shared at the Mentor Meetings, such as the ones below, for you to consider for personal and state delegation reflection. Throughout the week, you can use the provided prompts or devise your own to engage fellow attendees and ignite fantastic sharing!

- What was your comfort level when you first shared power with a young person?
- How has your comfort level in sharing power changed since then?
- Consider the individuals who are allies in your life. What makes them great allies?

Group Reflection

With your delegation, determine appropriate means and expectations for communication throughout the week. When youth visit with a delegation in another room, what should the process be to ensure that everyone is in the loop and given responsibilities (e.g., youth provide call/text updates every X amount of minutes). Co-create these expectations to ensure that every person feels comfortable.

Top Three Engagement Strategies

Throughout the week, it is encouraged to utilize the three strategies below and adapt them to meet your needs.

1. **Empower me, but do not 'do' for me** – The outcome is just as important as the process. Support youth leaders in helping organize their thinking and ideas.
2. **Re-phrase directed questions into open-ended prompts to stimulate conversation** – Sometimes, youth can feel interrogated with questions that elicit a “you versus me” type of partnership. Turn questions such as, “What did you do that made the event successful?” to the prompt, “Let’s consider what happened that made the event successful,” “Are there other ways we could have designed the event to be even more successful?”
3. **Be Cautious with the words *agree* and *disagree*** – As a partner in learning and sharing with youth, seek to share what you understand and those areas in which you have difficulties. This promotes an ongoing conversation while helping the individual further describe his or her thoughts.

Reflection

Reflection is an ongoing practice that we all will engage in together, both formally and informally, throughout this week. This reflection provides the opportunity to consider your experiences during the entire Youth Summit.

Looking back on the words you identified on page four to depict yourself as an ally, reflect on the following questions:

- ✓ What stayed the same?
- ✓ What was enhanced?
- ✓ What surprised you?

