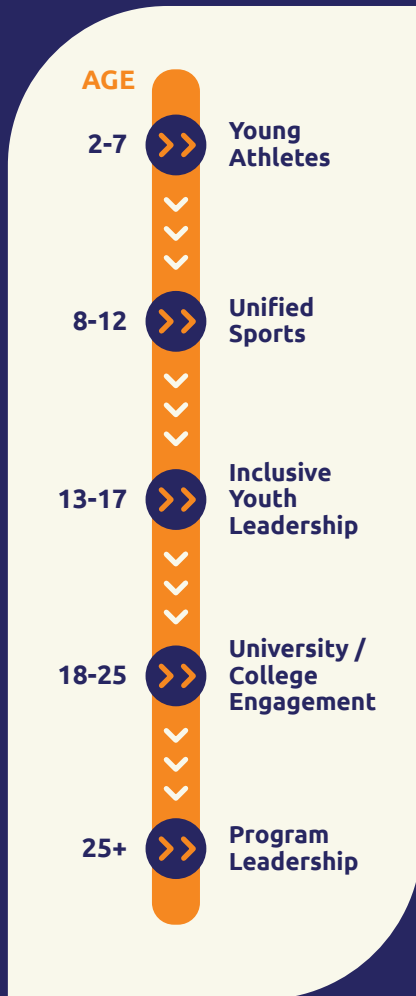


## Sibling Pathways

As a sibling, there are many ways you can be involved with Special Olympics over your life. Your role may change over time depending on your interests, goals and time commitments. There is always a place for you in Special Olympics!

Below is one example of the pathway you may take.



Special Olympics' mission is to offer year-round sports training and competition for people with ID. This gives them ongoing chances to become healthy, show courage and feel joy. They can share gifts, skills and friendship with their families, other Special Olympics athletes and the community.

[www.specialolympics.org](http://www.specialolympics.org)



## Sibling Engagement



For more information on sibling engagement in Special Olympics and details about each opportunity, check out the [Guide for Sibling Youth Engagement!](#)

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# Sibling Engagement



**Sibling engagement** occurs when the sibling of a person with intellectual disabilities is actively involved in their brother or sister's life. They are **active participants** in their sibling's Special Olympics journey. Together, they play, learn, develop and work. They make their relationship stronger in the process. The siblings are a team who **motivate and support** each other. They work toward and achieve shared and personal goals. Sibling engagement through Special Olympics has **mutually beneficial** outcomes. Your sibling will appreciate the time you invest in his or her goals.

## Sibling engagement can offer you:

- › Pride in yourself and your sibling
- › Increased self-esteem
- › Professional development skills
- › Problem-solving skills
- › Leadership skills and opportunities
- › Advocacy skills
- › Friendships with other siblings and athletes
- › A stronger bond with your sibling
- › Greater tolerance and acceptance of all people
- › Stronger family unity
- › Opportunities for personal and athletic growth

Special Olympics offers the perfect platform to become an engaged sibling!

Explore your options below.

### Support



- Cheer on your sibling at practices and competitions

### Volunteer



- Volunteer at local Special Olympics events
- Assist with health screenings and education at Healthy Athletes® events
- Officiate at Special Olympics sporting events

### Participate



- Participate in or lead a Young Athletes program for children ages 2-7
- Be a Unified Sports® partner with your sibling or other athlete with disabilities
- Join the Special Olympics club / society / student group at your university
- Become a Special Olympics coach

### Get fit



- Join a Unified Fitness Club to get fit with athletes and supporters
- Compete in the 6-week Fit Families challenge
- Join SOfit, an 8-week Unified program that teaches fitness and holistic wellness

### Connect



- Join the Special Olympics Family and Sibling Support Networks to share ideas and experiences with other siblings and family members

### Advocate



- Spread inclusion in your school or community as an Inclusive Youth Leader
- Become a Special Olympics Program leader



“Through my time at Special Olympics, I’ve changed my **perspective** about people with intellectual disabilities and developed more **empathy** and **respect**... Many of the athletes, including my sister, have made me realize that if I **persevere**, I can make my dreams come true.”

**Faris**  
*Special Olympics Pakistan*



“I am lucky that I saw my mother and my sister, Rosemary, treated with unbearable rejection... The combination of the **love of my family** and the awful sting of rejection helped me to develop the confidence that I needed to believe that I could **make a difference** in a positive direction.”

**Eunice Kennedy Shriver**  
*Founder of Special Olympics*