

Special Olympics Sibling Engagement

Sibling engagement occurs when the sibling of a person with intellectual disabilities is actively involved in their brother or sister's life. Engaged siblings are active participants in their brother's and sister's Special Olympics journeys. They play, learn, develop and work together, strengthening their relationship in the process. The siblings are a team who motivate and support each other. They work toward and achieve shared and personal goals.

There are many ways you can become an engaged sibling in Special Olympics, including:

Support

- Cheer on your sibling

Participate

- Young Athletes
- Unified Sports®
- University Engagement
- Become a SO coach

Get fit

- Unified Fitness Club
- Fit Families
- SOfit

Volunteer

- Volunteer at local SO events
- Healthy Athletes®
- Become a SO Official

Connect

- Family Support Network

Advocate

- Whole School Advocacy
- Inclusive Youth Leader
- Program leader

Sibling Engagement through Special Olympics has mutually beneficial outcomes. Your sibling will appreciate the time you take to 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

As a sibling, there are many ways you can be involved with Special Olympics over your life. Your role in Special Olympics will change over time depending on your interests, goals and time commitments.

There is always a place for you in Special Olympics!

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



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