

iBelong!™

A new **website** on friendship

YOUNG ADULTS

FAMILIES

EDUCATORS

GETTING
INVOLVED

ADDITIONAL
RESOURCES

HANDBOOK



If you are a young adult with an intellectual disability, this website is for you!

www.ibelong.ca

Please help us spread the news.

Pass this handbook on to others!

*Having friends makes us happy.
But it is not always easy...*

- to find good friends
- to keep our friends
- to be a good friend

The **www.ibelong.ca** website will help you with friendships.

The **YOUNG ADULTS** section is in Plain Language. Work through it on your own—or ask someone to help you.



Getting started

Turn on your computer. Make sure the speaker is on.
Type **www.ibelong.ca** into your Internet browser.

Look over the home page. Play the video.

Then click on



START HERE

or on the

YOUNG ADULTS

tab above.

**What is
Friendship?**



**Finding
Friends**



**Your First
Meeting**



**Why Do We
Lose Friends?**



**Friendship
Skills**



**Staying in
Touch**



**Planning
Get-togethers**



**Lifelong
Relationships**



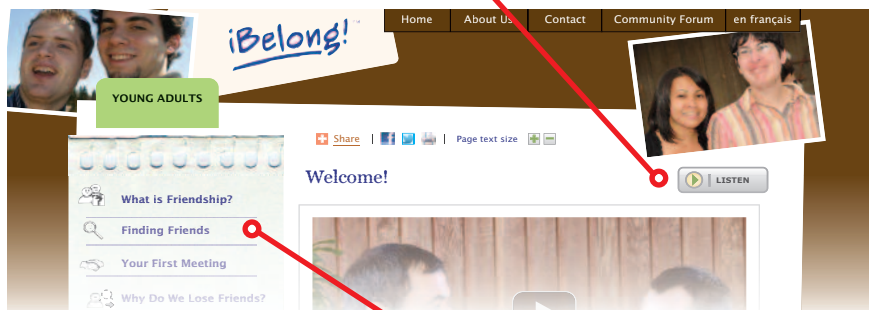
**Dating &
Sexuality**



Safety



You will see a **Welcome!** page. Each page begins with a video or a story. Each page has a **LISTEN** button. Click on **LISTEN** to hear about the page.



On the left, look at the list of **main topics**. Each main topic has an icon beside it.

Most main topics have subpages.

Click on the first tab, “**What is Friendship?**”

A new page opens. On the left you will see 3 new subpages.

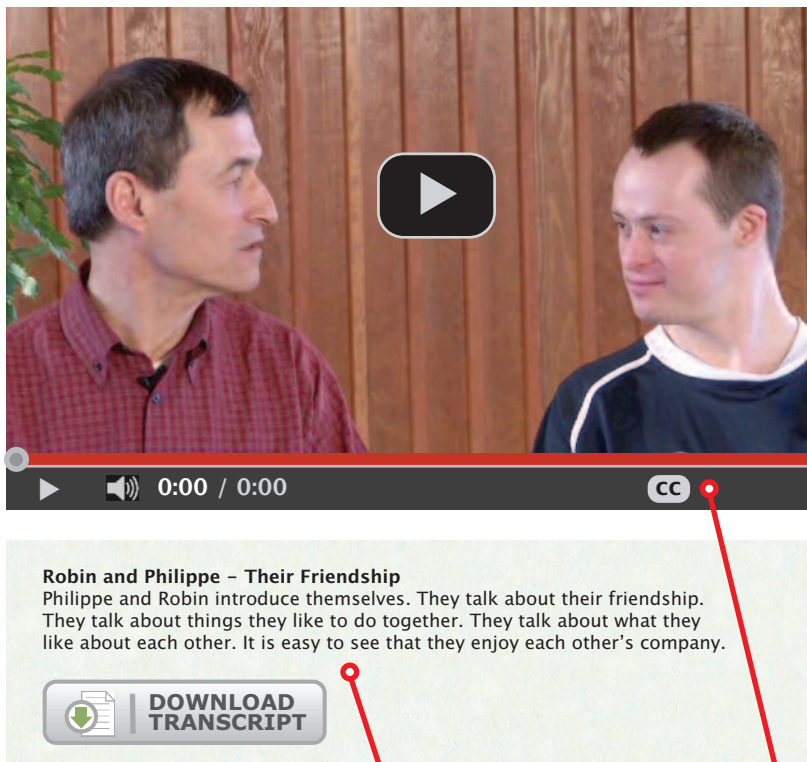


You can make the text bigger or smaller.

You can share the page with others—email it, post it on facebook, tweet it..., mark it as a favourite, or print it.



Getting the most out of the Videos and Stories



Robin and Philippe – Their Friendship

Philippe and Robin introduce themselves. They talk about their friendship. They talk about things they like to do together. They talk about what they like about each other. It is easy to see that they enjoy each other's company.



A description of each video is found below the video. Click on **DOWNLOAD TRANSCRIPT** to read what the people say in the video.

Some of the videos have **subtitles** (captions). You may see a small “cc” under the video *after* it starts playing. Click on the “cc” to turn the subtitles on or off.

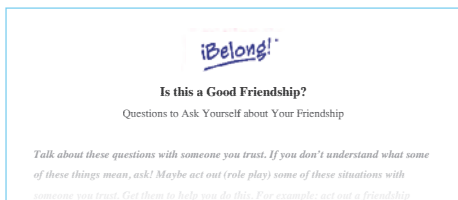
The videos and stories show different friendships. What can you learn from these friends? Talk about this with someone you trust.

Activity/Information Sheets



Some pages have a document icon.
Click on the icon to open the document.
It has information or an activity to do.

For example, open the **“Friendship Skills”** page. Click on the **“Disagreements/Arguments”** subpage. Scroll down to the document called **“Is This a Good Friendship?”** It has questions to think about. Your answers will help you know if you want to keep a friendship.



Games

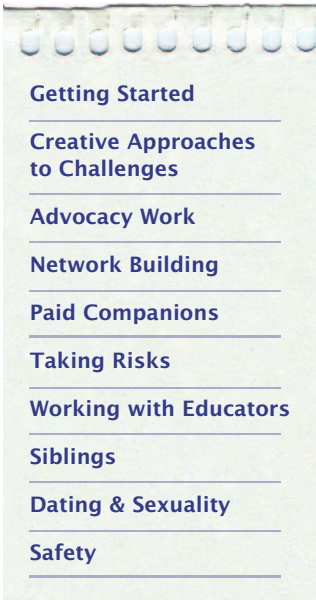
You can find an example of a game on the page called **“Your First Meeting.”** Scroll down the page. The game is called **“Good First Impressions.”**

Instructions:

- Click on the arrow under the game.
- Then click on “More” if you want Full Screen.
- Move through the game by clicking on the arrow in the centre of the tool bar.
- Answer questions by clicking on the screen. Then click on the arrow.
- When you are finished, press the ESC key on your keyboard.



Families and Educators



The **FAMILIES** section offers stories, videos, suggestions and resources.



The **EDUCATORS** section includes stories and resources on Inclusive Education and suggestions for creating school communities where young people can form lasting friendships.



Getting Involved

A good circle of friends, for any of us, includes people of different ages, abilities and backgrounds. We hope the **GETTING INVOLVED** section will inspire others to seek out or to deepen a friendship with someone who has an intellectual disability.

I believe that those we most often exclude from the normal life of society, people with disabilities, have profound lessons to teach us.

—Jean Vanier, Founder of L'Arche



ADDITIONAL RESOURCES

All the resources, stories and videos on *iBelong!™* can be found in this section. Use the **SEARCH** function to locate topics that interest you.

The “**Good Practices in Action**” section, under **ADDITIONAL RESOURCES**, highlights a few inspiring organizations that offer support to individuals with intellectual disabilities. Please contribute other suggestions by joining our **Community Forum**.

Community Forum

Register on our Community Forum and share your experiences, questions and suggestions.

Login Required	
This page is only accessible to logged-in users with proper access privileges	
Member Registration	Forgotten Password
Username	<input type="text"/>
Password	<input type="password"/>
<input type="button" value="Submit"/>	<input checked="" type="checkbox"/> Auto-login on future visits? <input checked="" type="checkbox"/> Show my name in the online users list

Note: The Community Forum is primarily for families and educators. L’Arche Canada does not have the resources to fully monitor a young people’s chat site, and well-monitored options exist. The “**Safety**” section gives guidelines for sites such as facebook.

.....

The *iBelong!*TM website is a project of L’Arche Canada. We created this website because very often, after their school years have ended, young adults with an intellectual disability are quite lonely. Many people from across Canada, both within and beyond the L’Arche network, contributed to the website. We thank each of you.



Printed on FSC approved paper.

For more copies of this Handbook please contact ibelong@larche.ca or download it from www.larche.ca/en/education/ibelong



ibelong@larche.ca
10271 Yonge Street, Suite 300
Richmond Hill, ON L4C 3B5

Significant funding for this project came from the Government of Canada’s Social Development Partnerships Program—Disability Component and from the RBC Foundation.