

About Just Like You

Variety's Just Like You program is a series of free and fun disability awareness workshops, which aim to build understanding, acceptance and inclusion of those living with a disability.

Our workshops are delivered by professional facilitators who have a disability. Meeting and spending time with a person who has a disability helps to build empathy in children.

Just Like You is delivered as two separate face-to-face workshops to three different school stages. Each workshop is tailored to its specific year group mapped to the curriculum.

Why we do it

We are passionate about making a difference in the lives of kids living with a disability.

We are working towards our vision - for all Australian children to attain their full potential, regardless of ability or background.



48%

Studies from Children and Young People with a Disability Australia (CYDA) have shown that more than 48% of students with disabilities are bullied.

40%

CYDA has also found that 40% of students with disabilities had been excluded from events or activities.

“The most important thing we learnt is that people with disabilities are just like you and I. They got us involved and excited as this experience was eye opening, yet fun.”

— Meg and Katerina
Students at Holy Family Catholic Primary School, Menai



The workshops

Stage 1 
Years 1 & 2

**Celebrating
difference,
creating inclusion**

Stage 2 
Years 3 & 4

**Know the
facts to
better impact**

Stage 3 
Years 5 & 6

**Challenging
norms to find
the extraordinary**

Teacher feedback

“They are led to view people living with a disability from a strengths-based perspective where they were introduced to people who had, despite disability, achieved their goals through resilience and determination.”

Charlestown Public School

“The facilitator was clear and interesting. She shared her own life story to be a positive role model for the students. The students were very engaged in the workshop and she had a wonderful rapport with them.”

Saint Michaels Primary School

“This was absolutely excellent and gave the children the opportunity to experience disadvantage personally which made the concept relevant to them.”

Cardiff Public School

“I had so many kids individually speak to me about the positive impact of a disability program being delivered by the facilitator, a smart, confident woman in a wheelchair.”

Tighes Hill Public School

“I would like to say thank you for taking the time out and introducing this workshop. It is really important that students learn about different types of disabilities because some children have never been educated about it and seriously don't have much knowledge.”

Hurstville Public School

“The program itself is well designed to engage the students and create greater awareness amongst them of the wide range of disabilities, but more importantly the wide range of things that they are not limited from participating in.”

Mother Teresa School

Program impact

The change we've seen between the two workshops at each stage:



My students can use appropriate actions around people with disabilities



My students can give an example of a hidden, physical and sensory disability



My students would be friends with someone who has a disability

Program reach

The program is delivered in the Sydney, Newcastle, Central Coast and ACT regions. Since 2015, we have reached the following:

 **51,827**
Students impacted

151 Schools reached

3,692* 
Sessions delivered

*reported on both workshops A and B

Our facilitators



Amy

The thing I love the most would be watching the kids who have disabilities or special needs just come to life during the program. Seeing kids share their own stories with pride. Totally warms the heart!



Mel

It's inspiring to see, even just a little, how I have helped children through the Just Like You program and from sharing my story.

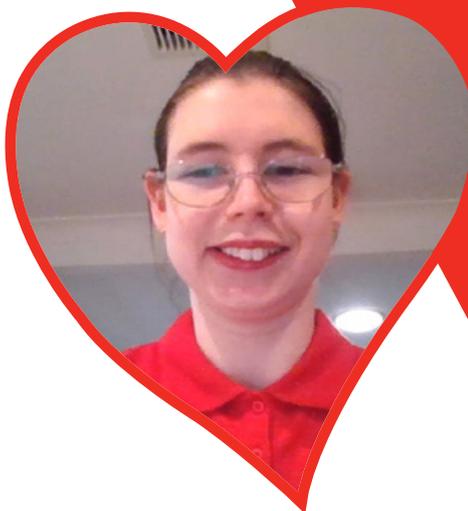
Nat

I love that 'Just Like You' is not just a way for me to make a living, but more importantly, make a difference.



Paul

Being a Just Like You Facilitator fulfills my passion in life which is Disability Awareness.



Saranna

I feel like the jingle (as I call it) from Stage 1 says it all- we're all different, but we're the same too, and I love that Just Like You celebrates that and draws out the positives for all the kids.