

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 face-to-face or digital 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 48% of students with disability surveyed in 2019 experienced bullying at school.

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

“This workshop should be compulsory in all schools.”

Blakehurst Public 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

“The students were highly engaged throughout the workshop, sensitive issues that are sometimes swept under the carpet were addressed in a meaningful way. Connections were explored with my students’ own lifestyle to those who maybe living with a disability.”

Windale Public School

“I was very impressed with the workshop and it has provided my students with additional information about people living with disabilities and the expectation of how everyone should be treated regardless of their ability.”

Liverpool West 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.”

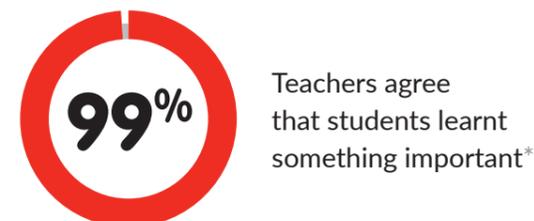
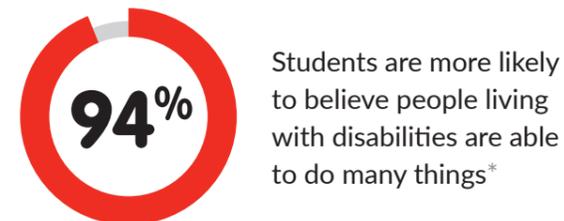
Tighes Hill Public School

“[The facilitator] was very engaging and open with the students. This openness allowed students to feel comfortable asking questions and explore the topic of disability. The workshop content was age-appropriate and engaging for the students.”

Guildford West Public School

Program impact

Following the JLY workshop:



Program reach

The program has been delivered across metro and rural NSW, and piloted in Brisbane and the Gold Coast. Since 2015, we have reached the following:

 **74,716***
Students impacted

209 Schools reached

4,747** 
Sessions delivered

Reporting period from 1st January 2015- 30th September 2021
*Students counted once if they see both workshop A and B in the two-session model program **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!



Nhon

I love seeing the children's excitement and curiosity when they are learning about disability and inclusion. The program also gives students with a disability a chance to share about their story in a positive light.

Nat

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



Thomas

I love being able to engage with the students; helping them understand disability and empathy has been really rewarding.