

HOW DO I KNOW... I BELONG?



Belonging:

Belonging can be hard to describe with words, but it is very important for our well-being. It is important to plan for belonging after high school, when you don't see your friends every day. You will need to find and create your own spaces where you belong. Part of that planning means figuring out what belonging means to you!

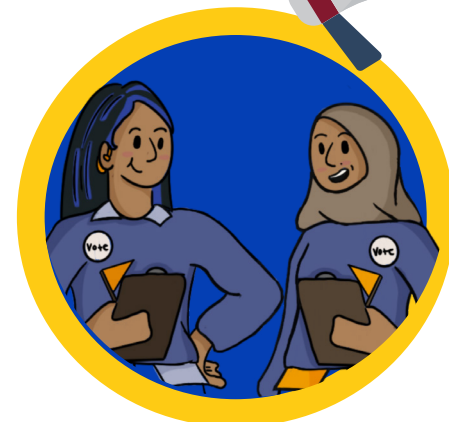


PLACES I BELONG:

This list can help you decide if a group is a good place for you.



**Sports &
Book Clubs**



**Community &
Advocacy Groups**



**Band, Acting &
Dance Classes**





Belonging Checklist:

I know I belong when...

People are happy to see me!

How do I know?

- People smile
- People welcome me
- People say “Hi” to me
- People talk to me directly
- People make eye contact with me



I know I belong when...

I can be myself!

How do I know?

- People help me when I need it
- People want me to be involved
- People like the things that make me **unique**
- We work together to figure out how to do things

People show that I am Important!

How do I know?

- I fit right into the conversation
- People listen to me
- People want me to be **involved**



People help me grow!

How do I know?

- I am not **defined** by my disability
- People help me try new things
- People **believe** in me
- People support me and my goals

PLANNING FOR BELONGING



Planning:
 It is important to start planning for belonging after high school. Planning can include thinking about what activities you like to do and trying new activities to see if you like them. Planning can also include learning the skills you need to participate in the community.

	YES	NO	MAYBE
I know the things I like to do.			
I can take transportation to get where I need to go.			
I can manage my money.			
I can make a schedule.			
I can find and sign up for activities near me.			
I can use my phone or email to stay in touch with people.			
I know my strengths.			
I know my voice is important.			
I know that I can contribute to any group I'm part of.			
I can follow instructions or directions.			
I am willing to engage in activities with others.			
I can ask questions if I don't understand or need help.			

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Belonging:

As we talked about, feeling like you belong is very important. **Continue using the checklist below** to guide your planning and create a stronger sense of belonging in your life.



	YES	NO	MAYBE
I understand how my actions affect other people.			
I treat other people with respect.			
I am willing to make new friends.			
I know how to make new friends.			
I am willing to be a good friend.			
I am willing to try new things.			
I actively choose activities that allow me to socialize.			
I am willing to learn to do more things for myself.			