



High School *Transition Program*

Improve your public speaking skills, boost your confidence, and be a spokesperson for Best Buddies in your local community!

The transition program is made up of the 3 following phases to help prepare students for changes that will happen after high school.

PHASE ONE

Group and 1-1 Discussions

As a chapter, host a Transition meeting for members to talk about the transition process and how friends can help each other prepare for life after high school.

PHASE TWO

Participate in a Transition Session with your Buddy

Come out to a Transition Session hosted by Best Buddies Staff at your school or in your community. Working in pairs students will gain leadership skills, identify goals and work to develop their Game Plan.

PHASE THREE

Presenting and Attending Community Engagements

Best Buddies Canada will organize speaking engagements for members with an IDD to share their game plan, created in Phase 2, with the community (ex. at a service club, a sports team, or business). Their matches will be present at these engagements to provide support and encouragement.



o Identify and share goals o Build confidence o Receive support o Network o Public speaking