



# Best Buddies Canada

## Volunteer Guide

Have you...

- Applied online at [www.bestbuddies.ca](http://www.bestbuddies.ca)?
- Submitted your Pledge Form?
- Been accepted to your school's chapter?

## You are now an official Best Buddy!

**Buddy:** a student or individual with an intellectual disability

**Peer Buddy:** a full time student

**Buddy Pair:** a buddy and a peer buddy matched in a one to one friendship based on similar interests.

**Associate Member:** a member of Best Buddies not paired in a one to one friendship, attends group events and helps out the chapter

**Staff Advisor:** a teacher at your school who oversees the club, they are the main contact for you to turn to

**Chapter President:** a student leader for your Best Buddies club, you can also turn to him/her with any questions

*You are in for an exciting year  
of life changing friendships,  
new experiences, and  
a whole lot of fun!*

## As a Best Buddy...

- Make contact with your Best Buddy at least once a week (ex. email, phone calls, texting)
- Have two one on one outings per month
- Attend all group activities and chapter meetings
- Attend activities in your community

## Some activities for you and your Buddy to do together



- Go to a Cineplex Movie or watch TV**
- Share your favourite movie/TV show



- Go to a sporting event**
- School Sporting event
  - Local community team



- Eat lunch together**
- In the cafeteria
  - In front of your locker
  - At a local restaurant



- Play video or board games**
- Teach each other how to play your favourite game



- Invite your Buddy to your home**
- Introduce them to your family
  - Hang out
  - Look at baby pictures



- Cook or bake**
- Try a new recipe
  - Make cupcakes for your chapter



- Go to an event in the community**
- Check your newspaper
  - Google festivals and free or low cost events



- Volunteer together**
- Community event
  - Food bank
  - Animal Shelter