

e-BUDDIES® Friendship via e-mail

e-Buddies matches people with and without intellectual and developmental disabilities (IDD) in one-to-one e-mail friendships. Our participants develop their friendships through exchanging e-mails on a weekly basis.

How does e-Buddies work?

- Interested participants visit our website to complete our online application
EBUDDIES.ORG/APPLY
- e-Buddies is always free for people with IDD and volunteers under the age of 18, volunteer applicants aged 18 and older pay a one-time fee of \$50.00
- Minimum age to participate is 10 years old. There is no maximum age
- Individuals from other countries can participate-they simply need to be able to exchange e-mails in English
- Matches are made based on similar ages, common interests and distant geographic locations (we do NOT match people who live in the same state/province)
- Participants exchange e-mails through our double-blind e-mail system
 - ◊ No exchange of personal e-mail addresses
 - ◊ Log of all e-mails exchanged

Benefits of e-Buddies

- Develop a new friendship
- Participating in e-Buddies fits easily into your schedule. Simply send at least one e-mail each week
- Develop a friendship with someone who lives in a different area (e-Buddies does not match people who live in the same state/province)
- Avoid the pressure/anxiety of in-person social interactions
- Develop and improve written communication skills

“Being part of e-Buddies is sincerely one of the most meaningful things that I do.”
- Paul, e-Buddy since 2000



Questions? Please contact.

Liz Wolford Deputy Director, e-Buddies

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e-Buddies is SAFE

e-Buddies is dedicated to ensuring the safety and privacy of all our participants with and without IDD. All applicants are screened and must agree to the terms of the e-Buddies Code of Conduct before they can participate. Once matched, all communication is conducted through our double-blind e-mail system. This system allows users to communicate without sharing their personal e-mail address. It also filters out personally identifiable information and content that could be considered inappropriate.

e-Buddies is EDUCATIONAL

e-Buddies helps motivate participants to learn and can help to develop skills in the following areas:

- Computer skills
- Communication skills
- Reading and writing skills
- Social skills

In an ever changing world of technology e-Buddies has allowed them to stay current with technology. My students have improved in their writing skills because of e-Buddies and they are fluent in the correct way to write an e-mail which is a life skill. They can use the skills they have learned through e-Buddies and generalize those skills to their home/school e-mail accounts and continue to maintain friendships that they have both inside and outside of school.

- Julie, Special Education Teacher

e-Buddies is FUN

e-Buddies connects peers in one-to-one friendships based on similar ages, common interests and different geographic locations (we do NOT match people who live in the same state/province). Participants can discuss whatever interests them - sports, movies, school, family, anything!

As we celebrate our fourth anniversary of being Best Buddies e-Buddies, I am happy to say that Gwen adds a little extra love to my life and I hope that she looks forward to seeing a message from me in her inbox the way that I look forward to receiving a message from her.

- Courtney, e-Buddy since 2012

Teachers love e-Buddies because it is easy to add to any computer curriculum and can help them achieve multiple IEP benchmarks. Participation in e-Buddies also increases their students' motivation to learn.

Parents love e-Buddies because it is a safe place for their children to gain access to online social outlets. With a controlled e-mail system, parents are confident that their children are safe, while having fun and developing technology and Internet skills.

Participants love e-Buddies because they can make a lifelong friend simply through exchanging e-mails. Sending e-mails is easy to fit into anyone's schedule and through exchanging e-mails participants gain more experience and independence with using technology & the Internet.



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BESTBUDDIES.ORG/EBUDDIES