



Buddy Pair Speech Writing Essentials

Facilitation Notes

Best Buddies: Buddy Pair Speech Writing Essentials **Facilitation Notes**

Objective: To empower buddy pairs to share the importance of inclusion by telling others about their friendship and the impact of inclusion.

Goal: Buddy pairs will leave the training equipped to showcase their unique friendship and talk about Best Buddies' mission in a well-developed speech that combines both buddy perspectives.

Materials: Handouts, PPT, projector, pencils, paper

Time: about 3 hours

Welcome: 20 minutes

Recap training | Purpose: 5 minutes

- Buddy pairs will work together to combine their own perspectives and stories into one cohesive speech. The goal of a buddy pair speech is to let the audience see and be part of the pair's friendship!

Goals and Rules: 5 minutes

- Ask ambassadors what their goals are for the training. What are some things you'd like people to know about your unique friendship?
 - Turn this into a brief discussion
- In order to reach these goals and be able to share your friendship with the world, there are some rules and guidelines that we are going to follow throughout the training:
 - Try your best and ask for help if you need it. We are here to work together.
 - Be respectful—raise your hand and don't interrupt while someone else is speaking!
 - Put cellphones away so that you can focus on talking about your friendship
 - Be kind and encouraging
 - Have fun!

Icebreaker: 10 minutes (Alternative: round robin with buddy pairs, no beach ball)

Activity: Beach Ball

Materials: Blown up beach ball and markers, paper (if they want to write down their answers to help them craft their speech)

Skills Needed: Physical ability to pass a ball and minimal speaking ability.

Objective: Buddy pairs will start thinking about and sharing some specific things about their friendships in a fun way. The buddy pairs can answer the questions together. Alternate who answers the questions to make sure one person is not doing all the talking.

Write questions in each section on a beach ball.

Example questions:

- What is your favorite thing to do with your buddy?
- What is your favorite thing about your buddy?
- When did you first meet your buddy?
- How did you meet your buddy?
- What does your buddy make you feel?
- What is one thing your buddy has taught you?



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- What is one thing that you want to tell your buddy but you haven't yet?
- What are your plans for your friendship in the future?

Directions for Game:

1. Have everyone sit or stand in a circle.
2. Pass the ball by tossing to another person in the circle.
3. When someone catches the ball, they will answer the question their hand has landed on.

Best Buddies History and Pillars: 5 minutes

Materials: PPT, Yellow, Green, Orange and Purple Jellybeans, enough for your group

Objective: To make sure the participants have a clear overview of the history and pillars of Best Buddies.

Activity:

To make this section more engaging have each participant pick a color (yellow, green, orange or purple) then have each color gather together then the group of each color can give 3 facts on the pillar the color represents. Yellow is Friendship; Green is Jobs; Orange is Leadership and Purple is Living.

Best Buddies Friendship Program Overview: 5 minutes

Materials: PPT

Objective: To make sure the participants understand all the aspects of the friendship pillar.

Best Buddies Friendship Programs:

The goal of Friendship Programs is to provide people with and without disabilities with the opportunity to spend time together and build mutually-enriching friendships with one another. Chapter members and buddy pairs set an example in their schools and communities by being leaders for inclusion. Best Buddies Friendship programs extend all the way from elementary school through adulthood!

Elementary Schools: Best Buddies Elementary Schools introduces students to inclusion at a young age. Elementary chapters typically meet during the school day and are not required to match in one-to-one buddy pairs.

Middle and High Schools: Best Buddies Middle and High School chapters focus on providing opportunities for students to build friendships and promote inclusion in their schools and communities by matching students in one-to-one friendships between students with and without IDD, and participating in inclusive chapter events and activities.

Promoters: Best Buddies Promoters chapters empower youth who attend schools without an internal special education department to become advocates for people with intellectual and developmental disabilities, even though they do not match in one-to-one friendships. Promoters chapters focus on bringing education and awareness about intellectual and developmental disabilities to their schools and communities.

Colleges and Citizens: Best Buddies Colleges and Citizens chapters provide adults who are 18+ with the opportunity to get involved in the Best Buddies mission by forming friendships with their peers with intellectual or developmental disabilities. Both Citizens and College chapters operate by being paired with an area disability service provider, called a "host site," in order to create one-to-one friendship matches.



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Sharing Your Friendship: 35 minutes

Materials: PPT, whiteboard, marker

Note: Please write answers to each question below for the participants on the board to display and help them craft their speech. They also have their worksheet to follow along with.

The Importance of Friendship: 10 minutes

True friendship is important. Friends support one another, listen to each other, give advice, help each other, and have fun together. When you and your friend share personal information about yourselves, you can learn from each other and explore what you have in common and what makes you different. Friends can teach us many things like how to play a game or how to make a craft. Friends can introduce us to exciting things like delicious new foods and interesting customs or celebrations. You can also learn about acceptance by appreciating the different qualities that make us unique individuals. When you accept people for who they are, you are being a friend.

Video: Zach and Madeline (<https://www.youtube.com/watch?v=qJbGmKLIZBg&t=>)

- What are some aspects of friendship that you see here?
- How do Zach and Madeline support each other?
- What makes Zach a good friend?
- What makes Madeline a good friend?
- In what ways do Zach and Madeline include one another?

What does friendship mean to you? How would you define friendship? What makes someone a good friend?

Turn this into a group discussion and write answers on the board.

Optional activity (if group is getting restless) 5 minutes: Have everyone stand up and learn the Best Buddies cheer. Take a video once everyone has learned it!

Why is it important to share your friendship? 10 minutes

Buddy Pair Discussion: Use Buddy Pair Bullet Points worksheet

- How is your friendship impactful to your community?
 - Building a culture of inclusion in your school/community
 - Being leaders and champions for inclusion
 - Being a role model/example of what it means to be a good friend
- What do others gain from hearing you share?
 - Other people learn about Best Buddies and the impact that being involved in Best Buddies has had on you and your friendship. They have the opportunity to learn how important friendship is. Sharing your friendship helps increase awareness for Best Buddies and can encourage other people to get involved and be inclusive.

What do you want to tell others? 10 minutes

- What is something you want people to know about your friendship?
- What makes your buddy/peer buddy a good friend?



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- What do you want people to learn from hearing about your friendship?
 - Ex: Anyone can be a good friend, the importance of having a friend to rely on and have fun with, showing others that being inclusive is awesome, make other people want to join or support Best Buddies, etc.

BREAK: 15 minutes

How to Write a Speech: 15 minutes

Materials: PPT

Video of EJ and Alphanso—click [here](#) for video

- What are some things you noticed about this speech?
 - Interacting with one another during speech
 - Conversational—responding to one another throughout
 - Taking turns speaking to give audience both of their perspectives. Both speak equally.
 - They look like they're having a good time together! Audience gets a sneak peek into their friendship.
- Keep some of those things in mind as you begin writing your own speech!
- One thing to note if needed is that it may be helpful to have a peer provide “prompt”-style questions throughout the speech for his or her buddy if the buddy is not as comfortable with speaking in front of an audience. Utilize direct speaking prompts or questions to engage the buddy throughout the speech (i.e. Remember the one time we did x? What did you think about x? What is your favorite part about our friendship? etc.)
- ***There are three main parts to every speech: intro, body, and conclusion. (review slides on PPT)***
 - This helps keep your audience engaged and drive home your message.
- Review slides about each section

Writing the Speech: 45 minutes

Materials: *Framework for Speech Worksheet*, *Buddy Pair Bullet Points worksheet*, lined paper, writing utensils

- Have the buddy pairs work together to write their speech on the topic.
- Check in on each pair to ensure that no one is falling behind; make frequent announcements of how much longer they have to ensure everyone will finish in time

Presenting a Speech: 10 minutes

Materials: PPT

- Review skills that ambassadors should keep in mind while presenting (speaking slowly and enunciating clearly, looking up to connect with your audience, making sure your voice can be heard). Have each pair practice their speech and the facilitator will walk around and help with presentation tips.

Presentation tips:

- Nonverbal Interaction:
 - Your speech is all about showcasing your friendship, so you can interact with one another! Feel free to pause for a joke, give a high five or hug, etc.
- Speaking pace:



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- Make sure that pair is presenting and reading at a similar speed. Match one another's energy and timing!
- Think about how you are going to present:
 - Are you going to read from the same paper or have your own copies? How are you going to mark your sections so you know when it's your turn? (Ex: italicize, highlight, etc.)

Reading vs. Delivering a Speech:

- What's the difference? Why is it important to know the difference?
 - Show the difference to help show the contrast (holding paper in front of face, speaking too quickly, monotone voice, etc. VS looking up from paper, making eye contact, smiling, etc.)
- What are the downfalls of just reading a speech?
 - Hard to connect with audience, disengaged, hard to hear or understand, doesn't get message across, no buy-in from audience

Speech Presentations: 30 minutes

Materials: Speech

- Allow each ambassador pair the opportunity to share their completed speech with the entire group and record speeches.

Closing: 5 minutes

- CONGRATULATIONS!
- Remind ambassadors that practice makes perfect
- Encourage them to look for opportunities where they can share their speech
 - Chapter meetings, with coworkers, with family/friends, etc.
- Remind them about any upcoming activities that they are encouraged to attend
- Thank speech coaches and ambassadors for attending!
- Take a group picture.