

More friends =

more laughs  
+  
more fun

We love our best friends. We play games and get silly together. Our friends are our favorites.

That's why Best Buddies is here—to make sure we all have a friend. Because even if we like different things or we don't look the same, we can still be buddies.

**Let's make sure every kid knows how great friendship feels. Be a Best Buddy.**



We all have room for  
*one more*  
*friend*

BFFs are everything. You don't even need words to communicate—just the right emoji will do. That best friend feeling is unbeatable.

That's why Best Buddies is here—to make sure everyone has a friend. Kids our age sometimes struggle to fit in. But just like any of us, they want to belong. So let's make room for one more friend.

**Add a buddy to the crew.**



We all have room for one more friend.  
**More fun. More memories.**

**MORE  
AWESOME**

Our crew makes us feel understood—like we belong. Like we're ok. No one gets it like our friends do.

That's why Best Buddies is here—to make sure everyone has that best-friend feeling. People our age with intellectual and developmental disabilities sometimes struggle to fit in. But just like any of us, they want to belong. By being a friend, we make sure they do.

**Let's share that bestie feeling.**



**Make time. Make room.**

# **MAKE A DIFFERENCE**

Finding a crew that feels like family? Winning. Friending someone who needs one? Double win.

Being a Best Buddy on campus is as easy as inviting our buddies along with us to campus events, pick up games, or to places around town. So people our age with intellectual and developmental disabilities are less lonely—and more embraced, included, and loved by us.

**Make a difference by being a friend.**



# We're BESTBUDDIES®

Joining Best Buddies means doing fun things with someone who needs a friend. It's spending an hour—or even a whole day—exploring, trying new things, and laughing. And it's ending the day feeling really great for showing someone they belong.

Being a Best Buddy makes a huge difference for people with intellectual and developmental disabilities (IDD). But what you may not know yet—is that it makes a big, positive impact on you, too.

## **Get involved.**

Help bring belonging to our friends with IDD. Share a smile, make room at your table, or find your local chapter to be someone's Best Buddy.

**BESTBUDDIES.ORG**    

