



Creating an *inclusive* environment for special educational needs

At Alpha Youth, we're all about creating spaces where everyone feels welcome and included. That means making sure our programs are accessible to young people who learn in different ways. Here are some easy things hosts can do to make a big difference:

1. BE MINDFUL OF SENSES

Let people choose their music volume and offer things like headphones or earplugs to help with loud noises.

2. HELP VISUAL LEARNERS

Everyone learns differently, using visuals such as subtitles, pictures, sign language or Makaton may really help to absorb information.

3. ENCOURAGE FUN & FRIENDSHIPS

Include games and activities that's accessible to everyone, allowing all to be able to build relationships through fun.

4. OFFER HELPFUL TOOLS

Provide things like fidget toys and mints to help people feel calm and focused, especially if they feel anxious or overwhelmed.

5. OFFER MOVEMENT BREAKS

Implementing breaks encourages concentration, engagement and retention of information.

6. THEIR WORLD, THEIR EYES

Using extra tools that the young people can directly relate to their world, will help them feel more understood, accepted and help build relationships like using emoji's, relatable examples or memes.