I Pledge To Spread INCLUSION by...

Inviting a friend to the next Unified basketball game

Creating opportunities for inclusive activities in my school or community

Celebrating our differences

Looking out for the lonely

Ending the use of the R-word

Respecting the unique abilities of everyone

Being brave to take action and lead the change

Being a friend

Looking out for the bullied

Standing up for ourselves and others

Sitting next to someone alone at lunch

Giving everyone a voice

Looking out for the isolated