

About Just Like You

Variety's Just Like You program is a series of free and fun disability awareness workshops, which aim to build understanding, acceptance and inclusion of those living with a disability.

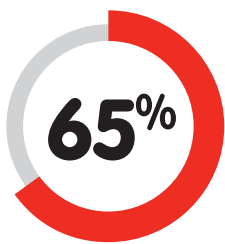
Our workshops are delivered by professional facilitators who have a disability. Meeting and spending time with a person who has a disability helps to build empathy in children.

Just Like You is delivered as face-to-face or digital workshops to four different school stages. Each workshop is tailored to its specific year group mapped to the curriculum.

Why we do it

We are passionate about making a difference in the lives of kids living with a disability.

We are working towards our vision - for all Australian children to attain their full potential, regardless of ability or background.




Research from Children and Young People with Disability Australia (CYDA) has found that 65% of students with disability surveyed in 2022 to 2023 experienced bullying at school.



CYDA has also found that 70% of students with disability had been excluded from events or activities at school.

The workshops

Stage 1 
Years 1 & 2

Stage 2 
Years 3 & 4

Stage 3 
Years 5 & 6

Stage 4 
Years 7 & 8

Celebrating difference, creating inclusion

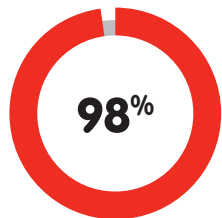
Know the facts to better impact

Challenging norms to find the extraordinary

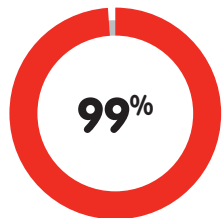
Breaking down barriers

Program impact

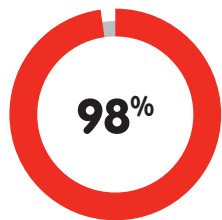
Following the JLY workshop, teachers believe that:



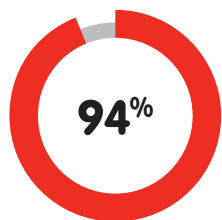
Students are more likely to believe people living with disabilities are able to do many things



Students are more likely to demonstrate empathy towards people living with a disability



Students are more likely to believe all people are important and valuable to society



Students are more likely to believe that they are able to create inclusive environments for other students with a disability

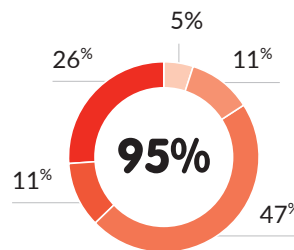
% Agreement was calculated by summing 'agreed' and 'strongly agreed' responses.

Program Impact reporting period from 20th November 2020 - 11th October 2023 (n = 915 - 950).

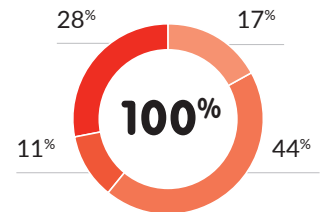
All impact data is from one-session model of program.

Program reach

The program has been delivered across metro and rural NSW, and piloted in Brisbane and the Gold Coast. Since 2015, we have reached the following:

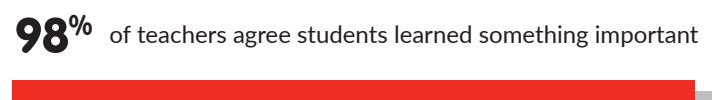


95% of teachers report increased prevalence of inclusive behaviours



100% of teachers report increased social participation of children with a disability

- Not at all
- A little more
- A bit more
- Somewhat more
- Moderately more
- A great deal more



Reporting period from 1st January 2015 - 30th September 2023

*Students counted once if they see both workshop A and B in the two-session model program

**Students counted once if they see both workshop A and B

“The most important thing we learnt is that people with disabilities are just like you and I. They got us involved and excited as this experience was eye opening, yet fun.”

— Meg and Katerina

Students at Holy Family Catholic Primary School, Menai



Teacher feedback

“I think it was absolutely fabulous! I think all schools should be involved.”

St Mary's Primary, NSW

“[Facilitator] spoke opening about her disability at the beginning of the workshop which clearly engaged the students. The presentation was delivered at an age appropriate level. Was clearly confident and knowledgeable of content and presentation. Allowed students many opportunities to ask questions.”

St Columba Anglican School, NSW

“The facilitator was fantastic and had a great rapport with the students. Having someone with a disability run the course ... helped some kids understand that not everyone with a disability needs help but it is kind to offer assistance or to just be accepting and tolerant.”

Victoria Avenue Public School, NSW

“Talking about hidden disabilities and how they can actually be ‘superpowers’ was a real eye opener for my students. [...] It was also brilliant for all of the students to have this information.”

Bathurst West PS, NSW

“I really enjoyed the idea of everyone is different, and that each person should be treated fairly and respectfully, regardless of disability or not.”

Carrington Public School, NSW

“The facilitator was great, he spoke clearly to the students and kept them engaged with questions and activities. The students all really appreciated what he said.”

Jamisontown Public School, NSW

“[Facilitator] was a great facilitator and certainly made the students feel at ease and comfortable with the topic. She made sure everyone was included and delivered a great presentation.”

Guildford West Public School, NSW

Our facilitators



Angie

Beyond thrilled to be involved in this program in assisting the future generation and creating a better society for everyone.



Jacq

One of the most impactful and transformational experiences a child (or parent) can have, is knowing they are not alone.

Kylie

I love delivering this program because it empowers children to embrace diversity, foster empathy and create an inclusive environment where every individual, regardless of their abilities, feel valued and included.



Nat

I aim and hope to create a safe space for students... and help them make their schooling environment and community a friendlier, safer, and more inclusive place to be.