

How can people
include you?

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- Think of a place. It might be your work, school or a cafe.
- Think about the barriers you face there.
- Think about the support you need to get over them

**What does inclusion
mean to you?**

What does inclusion mean to you?

- Can you describe the word?
- What does inclusion look like?
- Does it look and feel the same for everyone?

**Describe a place that
felt inclusive**

Describe a place that felt inclusive

- Were the staff or people nice there?
- Were there ramps and lifts to get upstairs?
- Was there accessible toilets and changing rooms?

**What action can you
take to include people?**

Action and advocacy

- What small actions can people take to make a big difference in someone's sense of inclusion?
- How can you be an ally to someone with a learning disability?
- What would a fully inclusive society look like to you?

Share a time when you
or someone else felt
included

How can you include someone with learning disabilities?

- What questions would you ask to help include them?
- Can you give examples of barriers they might face?
- How would you try to overcome them?

**Share a time when
you or someone else
felt left out**

Share a time when you or someone else felt left out

- What did you see?
- What did you or them feel?
- Could anything be done differently?