



Best Buddies Canada Buddy Guide

Remember Your Commitment

- **Make contact with your Peer Buddy once a week**

Talk on the phone, sending emails, say hi at school

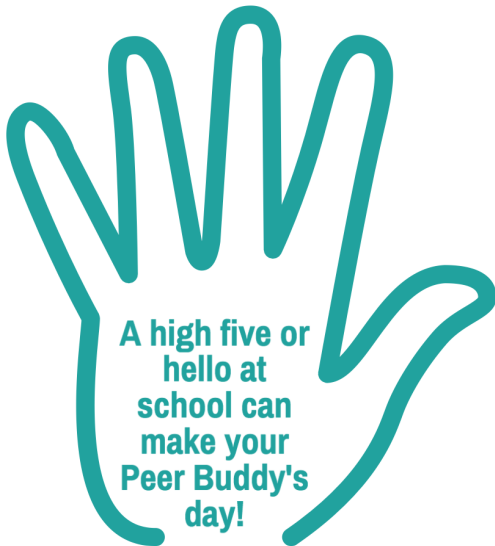
- **Hang out at least twice a month**

Eat lunch together, go to the mall, attend a school sports game together

- **Attend all Best Buddies activities and events at your school**

Chapter meetings, group activities, Best Buddies Canada National Events

Things to Remember as a Buddy...



It is important to set boundaries. Schedule specific times to talk on the phone or dates for weekly hang outs.

When you call your Peer Buddy, and if they don't answer the phone, leave a message. If you don't receive a call in a day or two, try again! Try not to call more than once in a day, unless the call is urgent.

Remember that certain times of year are very busy – ie. mid-terms, exams, and special holidays. Your Peer Buddy will contact you when they can. If many days pass without a call, then speak to your Best Buddies Staff Advisor or Chapter President.

Both you and your Peer Buddy must make an equal effort to see and call each other. If your Peer Buddy hasn't called you, pick up the phone and call him/her. Your Peer Buddy would love to hear from you!

It is a good idea to compare schedules with your Peer Buddy so you can plan activities in advance.

Plan for your own transportation

Make sure to be prepared for one-to-one activities with your Peer Buddy. If you are going to the movies, out for dinner, or to the arcade, be sure to have enough money to pay for you. Your Peer Buddy will pay for him/herself.

Invite your Peer Buddy to your house to get to know your family, and try to get to know his/her family as well.

In June, talk to your Peer Buddy about the best way to keep in touch over the summer!

Remember: Just like you, your Peer Buddy is probably involved in many activities, clubs, sports and jobs. They can be extremely busy at times.

If you have any questions or concerns about your friendship, talk to your Staff Advisor or Chapter President.



info@bestbuddies.ca



1-888-779-0061



www.bestbuddies.ca