# KY-SPIN's Youth eNews 7/30/2025

## Youth News!

### Get SET...Support, Educate, Train for Success!

The **mission** of KY-SPIN, Inc. is to link families and individuals with disabilities to valuable resources that will enable them to live productive, fulfilling lives.

## Subscribe to KY-SPIN eNews

Click Here to Check Out
**KY-SPIN Website**

Click Here to Check Out the KY-SPIN
**Youth Resources Page**



The Youth Disability Advocacy Service (YDAS) is an advocacy organization that works with disabled young people aged 12 to 25 in Victoria, Australia. Watch this video and learn how other teens and young adults feel about their disabilities.

Click Here

**Showing Our Disability Pride: Together Like Lions**

Did you know a group of lions is called a pride? Lions in a pride may live in different places or spend time alone, but they always come back together to hunt, rest, or share food. Even when they are apart, they are still a team. Disability pride is a lot like that. People with disabilities may all be different—some people use wheelchairs, some are deaf or blind, and some have invisible disabilities—but they are all part of the same group.

During the month of July, we celebrate Disability Pride Month. It's a time to be proud of who you are and the things you've overcome. Just like lions, we are stronger when we support each other. Whether you have a disability or care about someone who does, this is the time to show your pride. Stand tall, be kind, and help others feel proud too!

Kentucky's Exceptional Youth

## Voices!!!

**Question:** Hi, I'm a teenager with a disability and I want to feel more connected during Disability Pride Month. How can I get involved and show my pride here in Kentucky? *Student - age 14*

**Answer:** That's a great question, and we're proud of you for wanting to be part of the celebration! Disability Pride Month is a time to celebrate who we are, share our stories, and stand together as a community.

In Kentucky, you can join local events through organizations like KY-SPIN, The Center for Accessible Living, or even your local library or disability support groups. They often host gatherings, art shows, parades, or virtual events where you can meet others and proudly share your experiences.

You can also show your pride by wearing disability pride colors, posting on social media with hashtags like #DisabilityPride and #PrideLikeLions, or even organizing a small event with friends or classmates. Sharing your story or artwork is a powerful way to raise awareness and feel more connected. Remember, Disability Pride isn't about being the same—it's about being proud of your differences and knowing you belong.

**Kentucky Youth Voices**
Click Here to Share your Success or ask a question!

Each month, we will share an advocacy success story or answer a question about life, school, and friends sent to us by students around the state. Your stories and questions are important, so don't wait, be a part of the changes in Kentucky today.

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### Disability Pride: Know It. Feel It. Celebrate It!

**Knowing how awesome you are is the first step in embracing Disability Pride. But it's also important to understand your rights and the accommodations available to you in your community. One helpful tool is the use of accessibility symbols that show whether products, spaces, or services are accessible.**

**Download this worksheet to learn more about these important symbols and how they help support inclusion for everyone!**

Click Here

**DISABILITY PRIDE**

We celebrate Disability Pride in July to honor the signing of the Americans with Disabilities Act (ADA) on July 26, 1990, which protects the rights of people with disabilities.

I will celebrate Disability Pride because

**DISABILITY SYMBOLS**
One thing that is becoming standard is the use of symbols to show when products, services, or facilities are accessible for people with disabilities.

Service Dog    Blind    Deaf    Accessible elevator    Allergen Warning

**Create your Own Disability Symbol Here**

www.kyspin.com

## TRANSITION TUESDAYS
### Building a Strong Foundation for Youth with Disabilities

**EMPOWERING KENTUCKIANS SINCE 1988**
KY-SPIN
Online Webinars

**WHEN: 4TH TUESDAY MONTHLY     TIME: 9:30AM - 10:15AM EST**

self help
personal success
education

**September 23, 2025     A Self-Directed IEP Meeting**
This session shows you how to lead your own Individualized Education Program (IEP) meeting. You'll learn what an IEP is, why your voice matters, and simple steps to get ready for the meeting. Walk away with the confidence and tools to lead the meeting and shape your future.

**October 28, 2025     Recognizing Bullying and What You Can Do**
In this session, we'll explore what bullying means, why students with disabilities are sometimes targeted because of their differences, and what we can do to help it stop. By learning to recognize the signs of bullying and how to respond in positive ways, you'll be better prepared to understand different types of bullying and know what to do when it happens.

**November 25, 2025     Preparing for Your Healthcare Transition**
Join us as we unpack the healthcare-transition journey for youth moving into adulthood. Learn how to manage this responsibility by breaking it all down into different phases. Gain the information and receive tools to master your healthcare transition!

**Educators and students are encouraged to attend!**
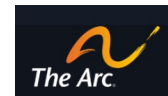
CLICK HERE OR SCAN TO REGISTER

FOR MORE INFO CONTACT:
Amber Hamm
(859)907-5685
amber@kyspin.com

https://tinyurl.com/t69k9ye6

**Register Now**

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## Helpful Community Resources

You might find these additional resources helpful when learning more about disability pride in your community or for yourself.

And don't forget, KY-SPIN is always around to help you find the resources you need in your community!

NATIONAL COUNCIL ON INDEPENDENT LIVING

AAPD

The Arc.

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**SELF ADVOCACY GOALS FOR THE IEP**

Adding goals to your IEP that focus on self advocacy will increase your understanding of your disability and give you the skills to speak up for what you need.

**I can demonstrate an understanding of my skills and needs.**
By the end of IEP cycle, student will be able to identify three accommodations or modifications that are listed on their IEP and ask for them independently with _____% accuracy.

**I can demonstrate an understanding of my disability.**
By the end of the IEP Cycle, student will be able to communicate with others about their disability and what he/she needs to learn successfully with _____% accuracy.

**I can understand and speak up for my needs.**
By the end of the IEP cycle, the student will be able to identify specific environmental modifications and explain why they are useful to him/her with _____% accuracy.

**I know how to advocate for myself.**
By the end of the IEP cycle, student will be able to participate in school meetings and advocate for themselves with the support of parents and teachers with _____% accuracy.

WWW.KYSPIN.COM   800-525-7746   SPRING@KYSPIN.COM

Click Here

### Taking Pride in Who You Are Starts with Your IEP!

Knowing how to speak up for yourself is the first step in showing pride in who you are. One great way to start is by adding self-advocacy goals to your IEP (Individualized Education Program). These goals can help you practice asking for what you need, making choices, and learning more about your strengths. The more you advocate for yourself, the more confident and independent you become!

Discuss with your **ARC (Admissions and Release Committee)** the possibility of incorporating functional goals into your IEP to help you build and maintain skills you need for future success. KY-SPIN offers various examples of goals available on our website that you might find helpful.

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**In this episode of KY-SPIN Youth Talks, Nick shares his personal experience of living with a disability and how he uses his voice and self-advocacy skills to speak up for what he needs.** He reminds us that disability disclosure—telling others about your disability when it helps you get support—can be a powerful choice. Nick also connects this with disability pride, showing how being open about who you are is a

way to celebrate and stand up for yourself and others in the disability community.



## Youth Guide to the IEP

### The Secret is Out!!!

Have you ever wanted an easy to read guide to Individualized Education Programs? Would you like worksheets and vocabulary to help you prepare for meetings and better understand your role in the ARC?

The wait is almost over! **Click here** to request a copy of our new fully accessible IEP guide for Youth, and you'll receive it via email as soon as it is released.

We are currently finishing up editing this highly anticipated resource. Sign up so we can send it straight to your inbox before its public release.

Click Here

# If you need someone to talk to...

- 988 Suicide & Crisis Lifeline Crisis Line: 988 (call or text)
  Website: https://988.ky.gov
- KY Crisis Text Line: Text KY to 741741 to reach a volunteer Crisis Counselor
- National Suicide Prevention Lifeline (800) 273-TALK (8255)

Learn more about us KY-SPIN Infographic
REQUEST ASSISTANCE OR MAKE A REFERRAL
800-525-7746 or 502-937-6894- spininc@kyspin.com
Contact Form (www.kyspin.com/contact/)
Download Printable KY-SPIN Referral Form Here (https://tinyurl.com/4t2evb59)

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