



Shannon Glenn & Megan Thomas
Buddies since 2011

One-To-One Friendships: High Schools **Meet Shannon & Megan**

“My first sleepover was at Megan’s house. We like to make brownies, drink soda, and watch movies!” - **Shannon**

“No one has had as big an impact on me as Shannon. I think she has changed my life more than I have hers. I’m so grateful to Best Buddies for bringing her into my life. Just one friendship really can make all the difference in the world.” - **Megan**

BESTBUDDIES_® High Schools

Cultivates one-to-one friendships between students with and without intellectual and developmental disabilities (IDD) during a time of heightened social and emotional development. This program helps break through social barriers at an important and challenging time in a young person's life.

How it works

Matching At the beginning of the school year, a participant with IDD is paired with a person without IDD based on shared interest for at least one school year of friendship.

Meet-ups Participating in activities and spending quality time together in-person at least twice a month is suggested for buddy pairs.

Events Best Buddies offices and chapters host events and group activities throughout the year, offering friendship pairs onsite support and the opportunity to socialize with other program participants.

Communication Buddy pairs connect at least once a week by email, phone call, texting, social media or written correspondence.

Monitoring Best Buddies staff members maintain regular contact with Friendship program participants to ensure the quality of matched pairs.

Join a Friendship program! The next friend you make could be your best buddy. Contact your local Best Buddies office to join or start a chapter in your high school.

“ I love what Best Buddies is all about - how a friendship is totally life-changing and how everyone can be involved. ”

- Elise Hirt (Peer Buddy), Centennial High School



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