

# KY-SPIN's Youth eNews 2/28/2025



## Youth News!

### Get **SET**...**S**upport, **E**ducate, **T**rain 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



**Would you like to hear what other teens are saying about relationships? Watch this!**

We Think Twice is a youth organization that provides information and resources to teens and professionals on the topics that matter most.



### Building Healthy Relationships

Healthy relationships are important for everyone, including people with disabilities. In a healthy relationship, people respect each other and listen to each other's feelings.

When we treat one another with kindness and honesty it helps both people to feel safe and happy. So, when you talk and share your thoughts with someone, you are building trust. And, trust is what makes a relationship strong and helps people feel close.

You should never feel pressured to do something you don't want to do. It's okay to say no and share your feelings. By advocating for your needs you will be creating relationships built on respect, trust, and care.

Healthy relationships help everyone grow, feel happy, and enjoy life. Explore the resources in this newsletter to help you get started.

Kentucky's Exceptional Youth  
Voices!!!

Question: Hey, I'm having trouble

making friends at school. I don't know how to start talking to people. Do you have any advice on how to make friends. *Student - age 13*

We totally get how you feel! Making friends can be hard. A good first step is to smile and say "hi" to someone. It's a simple way to start a conversation without feeling too nervous. You can also try joining a club or group at school where you can meet people who like the same things you do. If you see someone sitting alone, maybe you can ask if they want to sit with you. The more you try talking to people, the easier it gets. Just remember, it's okay if not every conversation turns into a best friend. Just be yourself, and soon you'll find people who like you for who you are!



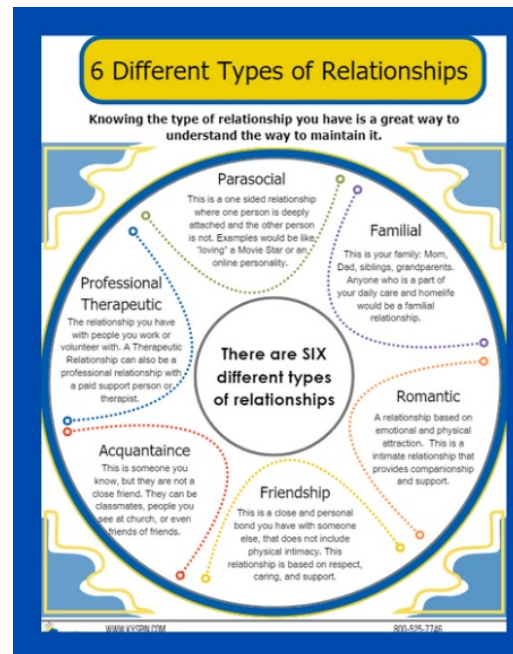
Each month, we will share an advocacy success story or answer a question about life, school, and friends sent to us by students around the state. Your stories and questions are important, so don't wait, be a part of the changes in Kentucky today.

## What is a Relationship?

It's important to think about the different types of relationships in your life and how to treat each one. You might have family members, friends, classmates, or even teachers that you care about, but each relationship is different.

For example, a relationship with a family member might mean more support and time together, while a friendship might be about having fun and sharing interests.

Understanding these differences helps you know how to act and what to expect from each relationship. By respecting the boundaries and needs of each person, you can build stronger, healthier connections with everyone in your life.





Building a Strong Foundation for Youth with Disabilities

WHEN: 4TH TUESDAY MONTHLY

TIME: 9:30AM - 10:15AM EST

Jan 28, 2025 Hey, Where's My Transition Plan?

Transition planning is essential to success after high school. Join Nick as he explains to you what to consider in your transition plan and how to get the support you need.

Feb 25, 2025 Identifying Healthy Relationships

You will have many different types of relationships as you enter adulthood. In this session, Nick will explain different types of relationships you will need and how to recognize relationship red flags.

Mar 25, 2025 Disability Disclosure

What is Disclosure? When and why would you disclose? How should you disclose your disability? Nick will be explaining all of this and offering you great resources to help you learn what, when and how to disclose your disability to those around you.



REGISTER HERE



Educators and students encouraged to attend!

FOR MORE INFO CONTACT:

Davis Rodriguez 270-804-9927  
DAVIS@KYSPIIN.COM

<https://tinyurl.com/3ckvtvpc>

[www.kyspin.com](http://www.kyspin.com)

KY-SPIN has a monthly webinar that is dedicated to providing you with the information you need to have a successful transition. Join Nick, our Youth Educator, every month as he tackles topics like Relationships, Disability Disclosure and more! [Click here to register](#)

## Healthy Relationship Resources

People with disabilities may face extra challenges in relationships, but those challenges can be overcome with support and understanding.

Sometimes, you might need help with managing your relationships and that's okay. Here are some organizations that focus on healthy relationships and provide resources and information on how you can get the support you need.

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



**Relationships**  
Understanding Friendships

You are on a journey and the things you like to do and spend time on will change. You and your friends will also change over time, and that's ok.

70% of people with disability experience some form of abuse

**FRIEND CHECKLIST**

- Is this person trustworthy AND dependable?
- Does this person listen to me?
- Does this person make me feel good about myself and I'm happy with them?
- Do I feel like my opinion is important to this person?

**THINGS A FRIEND SHOULD NOT DO**

- Ask for money
- Call you names
- Hurt you physically or emotionally
- Keep you away from family or friends

**Maintaining a Relationship**

- Take the lead, reach out once a week
- Make your friend feel special by listening
- Always respond to texts

For help, reach out to a counselor, your coach, this could be a teacher, a caregiver or family member, counselor, teacher, or you can call the National Disability Helpline: 800-368-2748 or text 888-211

## Getting the Facts!

Sometimes, relationships can feel like a rollercoaster ride. There are so many new experiences and unexpected challenges that it is hard to keep up.


Developing the ability to express your thoughts, feelings, and needs, clearly and respectfully, will help you build the many different types of relationships you need to get through life.

Discuss with your **ARC (Admissions and Release Committee)** the possibility of incorporating functional goals into your IEP to help you build and maintain those relationships. KY-SPIN offers various examples of goals available on our [website](#) that you might find helpful.



Watch what Ian has to say about relationships!! Friendships are an important part of our lives and [KY-SPIN Youth Talks](#) are a great way to learn about a variety of ways we can build and grow our own friendships. Make sure you check it out!





## The Secret is Out!!!

**RESTRICTIVE / ENVIRONMENT** 13  
General Education  
Special Education  
LRE  
Special Services

**A Student Guide to the IEP**  
TOP SECRET  
TOP SECRET  
TOP SECRET  
TOP SECRET

**SPECIAL EDUCATION SERVICES**  
What Are Special Education Services?

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.

## Youth Guide to the IEP

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.



## 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](mailto:spininc@kyspin.com)  
[Contact Form](#) ([www.kyspin.com/contact/](http://www.kyspin.com/contact/))

Download Printable [KY-SPIN Referral Form Here](#) (<https://tinyurl.com/4t2evb59>)



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