

Toronto District School Board Occupational Therapy and Physiotherapy Services from the Special Education and Inclusion Department

Be The Change Project

The Be The Change (BTC) project was initiated by TDSB's Occupational Therapy and Physiotherapy Services. We have completed four successful years with many schools participating:

2021-2022: Pilot Project Year, 3 participating schools

2022-2023: Ministry of Education funded year (Supporting Students with Disabilities grant), 24 participating schools

2023-2024: 16 participating schools

2024-2025: 12 participating schools

The key objectives of the “Be the Change Project” are:

- to expand and enrich understanding about diversity, equity, inclusion, anti-oppression, and anti-ableism for students in regular stream programs
- to build a strong and compassionate school community

The students attended 3 modular education sessions on the following topics:

- Neurodiversity and Differentiated Instruction
- Equity, Inclusion and Universal Design
- Allyship and being Change Agents

After attending the education sessions, participating BTC students are tasked with planning and implementing a school project with the objective of empowering and celebrating neurodiversity within their school community. We hope that these projects will continue to inspire other students and schools to follow suit with long term impact to the TDSB community.

This year, the project is offered to students in grades 4-8 accompanied by 1-2 facilitating educators from any TDSB school.

A final Showcase at the end of the year culminated the BTC project where all participating schools meet virtually and have the opportunity to share the impacts of their learning and how they transformed this learning into action.

The 2025/2026 Be The Change leadership team consisted of:

- Occupational Therapy and Physiotherapy Services' Team:
 - Laura Cha
 - Suzanne Dales Murray
 - Pauline Dekker
 - Sarah Lucas
 - Katie Tsang
 - Rebecca Yeoman
 - Melissa Giovinazzo
 - Jocelyn Lai
- Educator:
 - Justin Quenneville

Check out all the previous year's school projects on our website and please continue to revisit this site as we highlight more phenomenal student initiatives in future years!