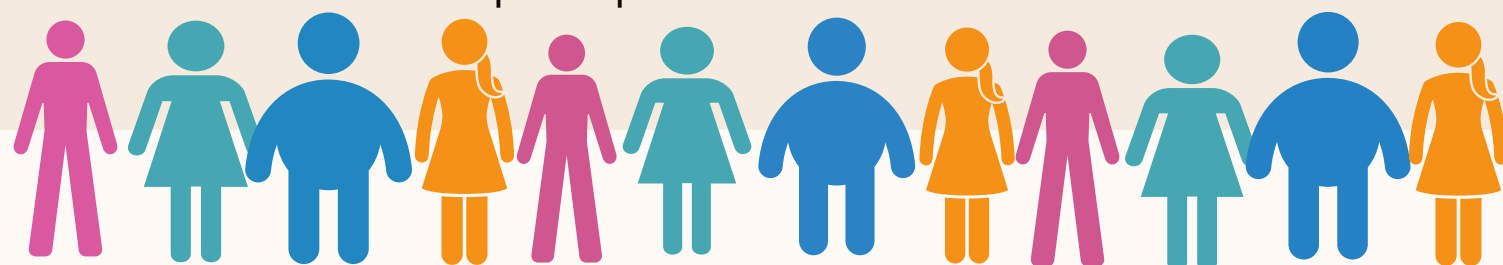# PATHWAYS TO BELONGING

Moving Beyond Inclusion: The Pathways to Belonging Research Project
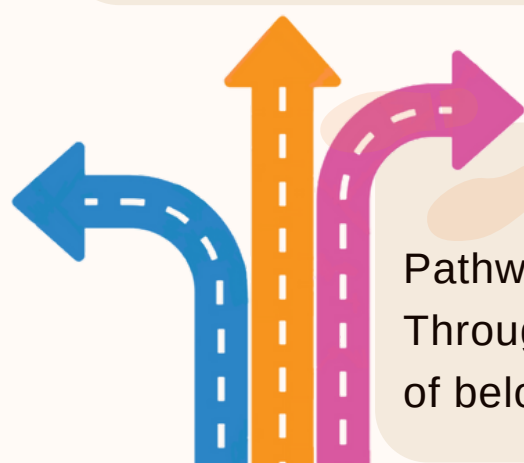
Importance of Inclusive Research

Pathways to Belonging (P2B) is an inclusive research project. This research is inclusive because community members- young adults with intellectual and developmental disabilities, family members, and service providers - are actively involved members of the P2B research team. Using an inclusive research approach helped ensure that the findings of our project represent the views of individuals with lived experience. Their experiences make valuable contributions to understanding belonging and how it happens based on what we have heard from our participants.

Moving Beyond Inclusion

- The P2B research builds on our earlier inclusive research, The Voices of Youths (VOY) project. VOY helped us understand what belonging means for teens and young adults with intellectual and developmental disabilities in the community.
- However, there is little research about how a sense of belonging in their communities happens for young adults, especially from their own perspectives.
- A sense of belonging might be important for being active in the community in a meaningful way
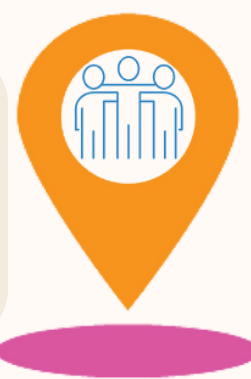
Pathways to Belonging

Pathways are the routes we take from one place to another. Through people, places and activities, we may feel a sense of belonging or not belonging, or even some of both.

Our Aim

The Pathways to Belonging project aims to understand how young adults find belonging and what pathways they take to get to belonging.

What We Are Doing

We spoke with young adults and people in their support networks (family members and service providers) about activities, places, and people that contribute to young adults' sense of belonging and the pathways they take to get there.

The Pathways to Belonging research was based at the University of Toronto. It was funded by the Social Sciences and Humanities Research Council of Canada

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Questions about the project?

@pathways2belong   https://pathwaystobelonging.ca