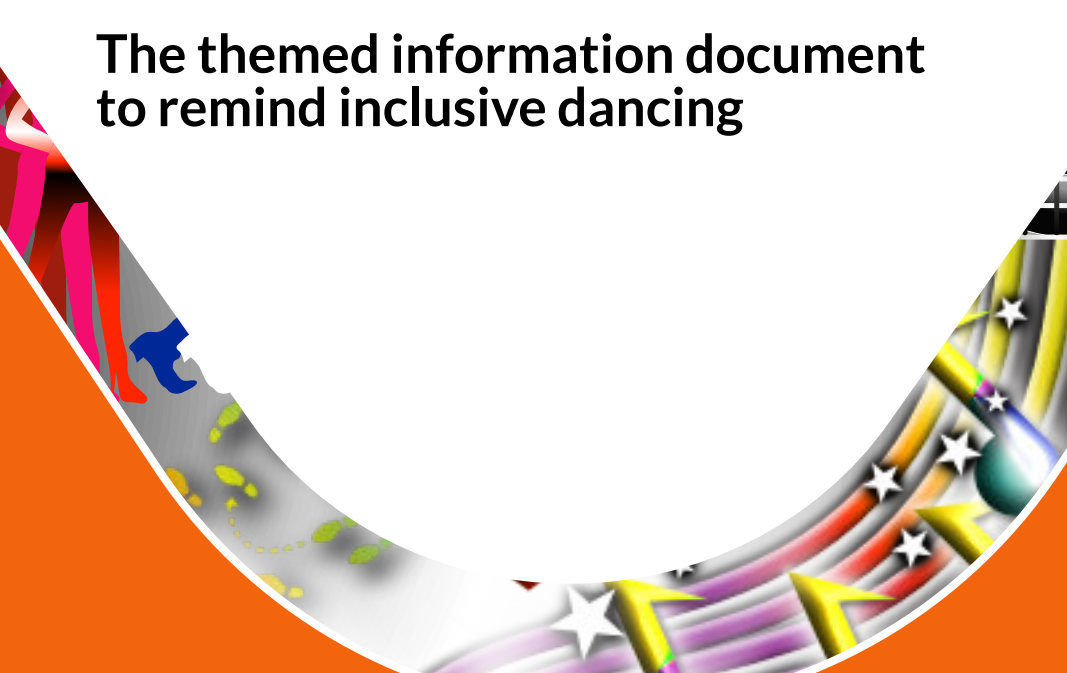




Embrace Dancing ▼

Dancing with an Open Mind

The themed information document to remind inclusive dancing



The information on this document was originally developed for Autism Dance Day, International Dance Day and beyond

Everyone

Everyone should be able to have the freedom to dance it is expressive, active and a lot more. For some, dancing can be very therapeutic and can add positive energy. It does not matter if you are at a music concert, festival, a party or involved with dancing as an activity or as an ambition.

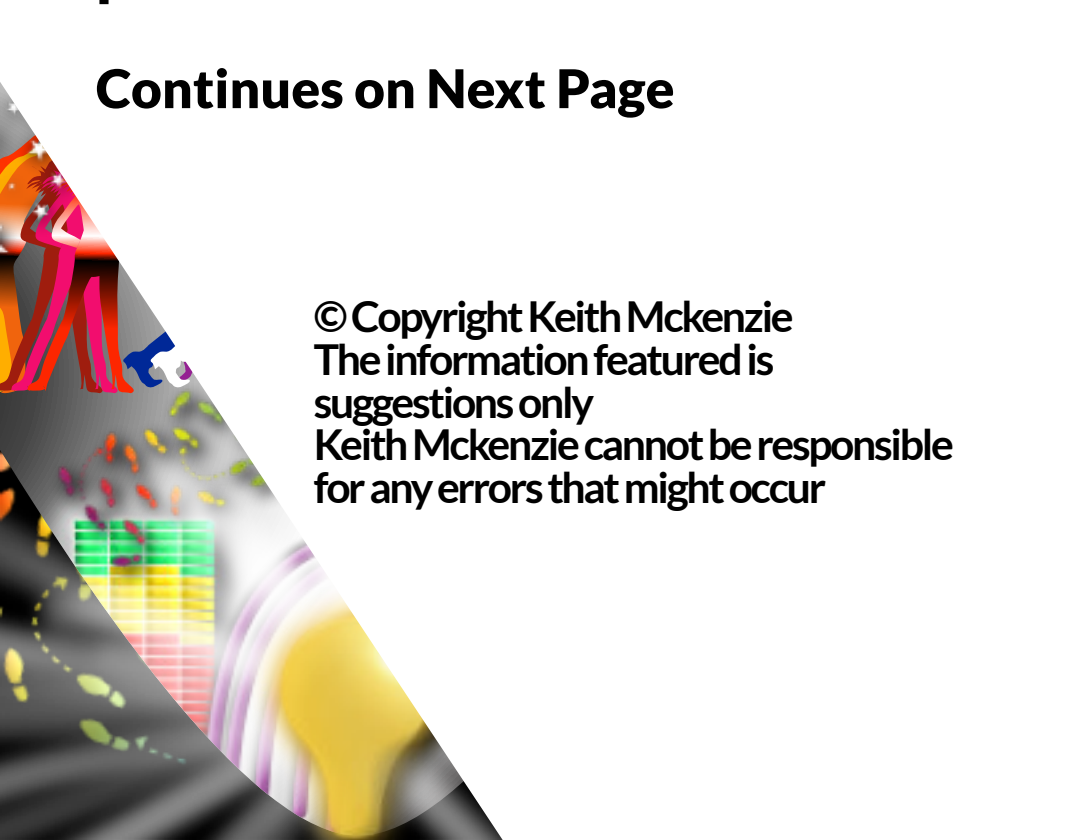
Must not leave anyone out

Because of the positive benefits we must not exclude anyone from dancing regardless of abilities and background in dancing and music environments.

Encouragement with patience

With activity and passion-related dancing, we need to make sure that a person with hidden differences is not disadvantaged at classes and workshops. For certain activities, this should apply to parties, festivals and dancing conventions. For example, in learning environments (classes & workshops), it can be excessive, which not only affects a person's learning but could lead to prejudice and exclusion. It is important to cause shame and embarrassment due to a person's difficulties. How a person is judged by and treated can affect their learning, dancing confidence and social presence. This is not just about understanding a person's difficulties but also about monitoring a person's progress to be aware of scenarios and situations which cannot affect a person's hidden differences in presence. Also adjusting to challenging situations and surroundings could affect a person with hidden differences in presence.

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Dancing with an Open Mind

Continued

Adjustments and Accommodating
To enable this to happen, we need to be accommodating and make reasonable adjustments. This includes not creating situations in which a person with differences is wrongly discouraged and inclusive. This means stamping out any kind of discrimination and prejudice including ableism and hatred.

Change how we judge and treat hidden differences

As well as enabling encouragement and support, it is also important to prevent and challenge prejudiced, ableism and discriminatory attitudes and behaviours which could affect dancing motivation and social presence of certain people with hidden differences

Summary

Dancing is for everyone and to be inclusive for a person with hidden differences.

Be constantly supportive and encouraging without affecting a person's presence. Be available for support and guidance constantly. Make sure reasonable allowances are made to make sure a person is not compromised due to their difficulties. Embrace a person with hidden differences due to their strengths and attributes.

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Embrace Dancing ▾

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Embrace Dancing is a special awareness feature to enable inclusive dancing for hidden differences.

The information from this document is for all people with neurodiversity, invisible disabilities & Anxiety with the information mainly for Autism, ADHD, Dyslexia, Dyspraxia & Social Anxiety



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