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Our Community

A community is a group of people that have something in common. This may include where you live, what you like, and what makes you, you.

An example of some communities include the Perth community, the horse-riding community, the Catholic community, the Polish community, or the gaming community, just to name a few.

People who feel connected to a community report higher levels of mental health

What communities are you a part of?

Choose one of the communities you are part of:

What do you like about being in that community?



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Our Community

What challenges does your community have?

What can you do to help your community?



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Our Community: Student Example

What communities are you a part of?

- Italian
- Perth
- Christian
- Dancer
- My school
- Chess club
- Western Australia
- Footy fan

Choose one of the communities you are part of:

Dance Community

What do you like about being in that community?

I enjoy dancing, especially ballet and contemporary.
I like that I can dance alongside my friends.
The competitions are very fun.
My teachers are great and I learn so much.



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Our Community: Student Example

What challenges does your community have?

- It can be very expensive - uniforms/costumes/shoes cost a lot and make it hard for some people to participate.
- Dancers have a higher rate of ~~and~~ disordered eating and sometimes say really mean things about themselves.
- Competitions can sometimes get a little aggressive, with some teams not being very nice to others.

What can you do to help your community?

- Donate or give away my old costumes. Ask my dance school if they have a program for that.
- Focus on being kind to my body and don't join in when people are commenting on theirs. Maybe this could start a trend.
- Be supportive and happy for other dance teams at competitions. Be a role model.