

# Being in crowds



**Reader note:** while these stories have been developed to support all young people's participation in footy, we recommend that you speak with your child about the concepts and examples in a way that is relevant to your child.

Sometimes when I go to NAB AFL Auskick, there are crowds of people around. A crowd is a big group of people close together.

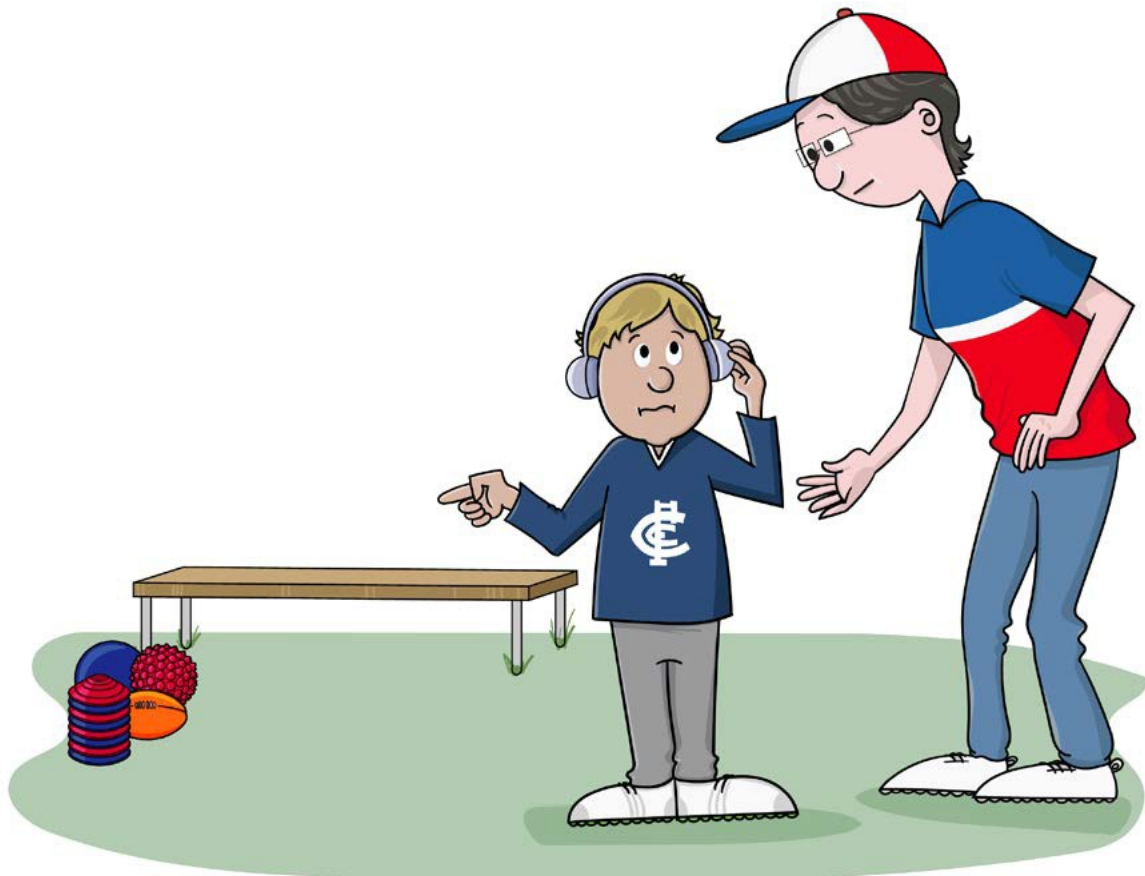


Sometimes, crowds can be noisy. People might walk and run in different directions and I don't always know where they are going. This can sometimes feel a little scary.



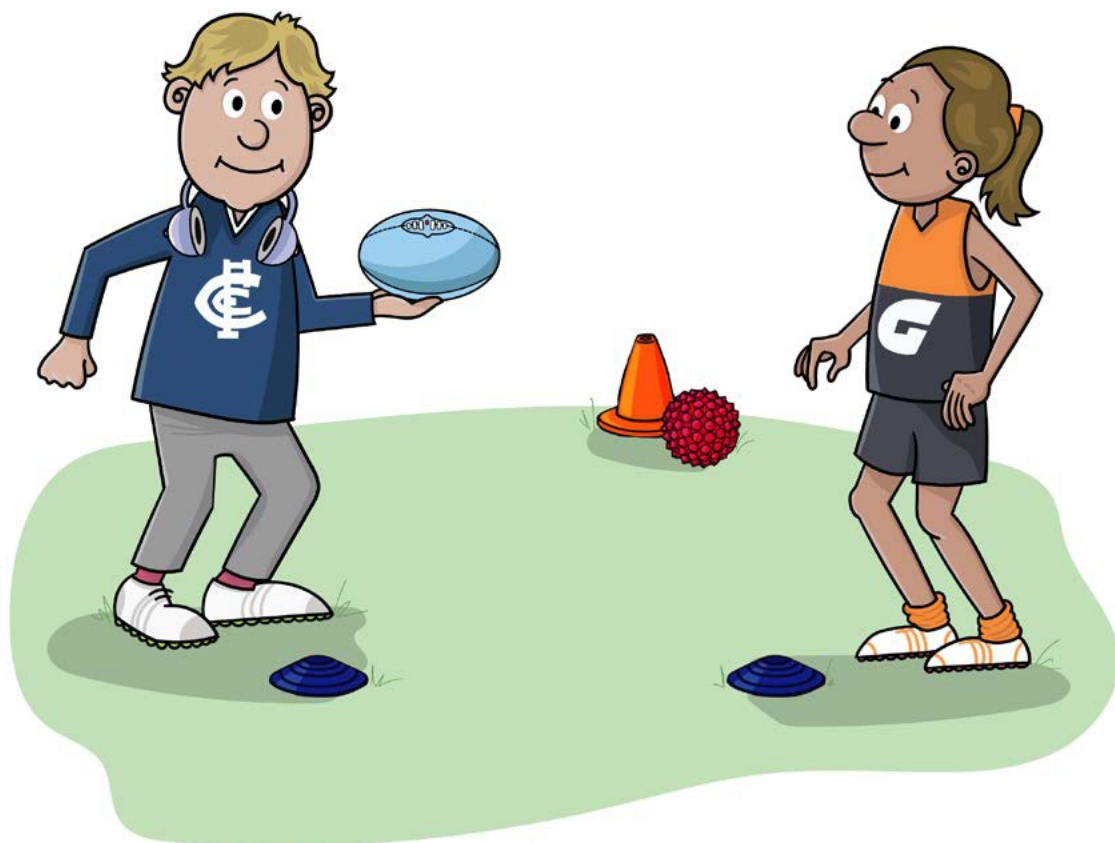
It's okay to feel scared around crowds. There are things I can do to help me feel safe.

I can tell the person I am with that I want to move away from the crowd and go to a quiet place to have a break.



At Auskick, I can ask for help from my family or the coach and their helpers. When I feel ready, I can go back to playing.

Playing Auskick can be fun and there are things I can do if I feel a bit scared in a crowd.





*AllPlay Footy is a joint initiative by Monash University and the AFL. AllPlay Footy was founded at Deakin University in 2015 and has been part of Monash Education since 2021. The AllPlay Footy content and resources presented here have been developed with people with lived experience of disability, consultants from National Sporting Organisations for People with Disability, psychologists and researchers, and are brought to you with funding from a Department of Social Services Information, Linkages and Capacity Building: Social and Community Participation Stream (2020-2021) grant. We aim to use language that is respectful to everyone.*

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