



ALL  
play  
learn

SCHOOL  
UNIFORMS

On sports days we need to wear a sports uniform.



Running in school shoes is not good for my ankles

**I COULD GET HURT!**



Running in my normal school clothes might make me sweaty, hot and uncomfortable.



Instead, we can change into our sports uniform at school before our sports lesson. This means we don't have to stay in sweaty clothes.



Sometimes the change room can get a bit noisy. It can also be cold sometimes. Other students can see you getting changed.

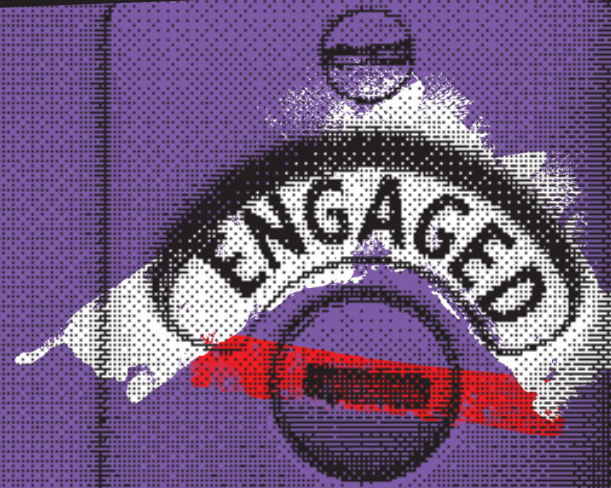
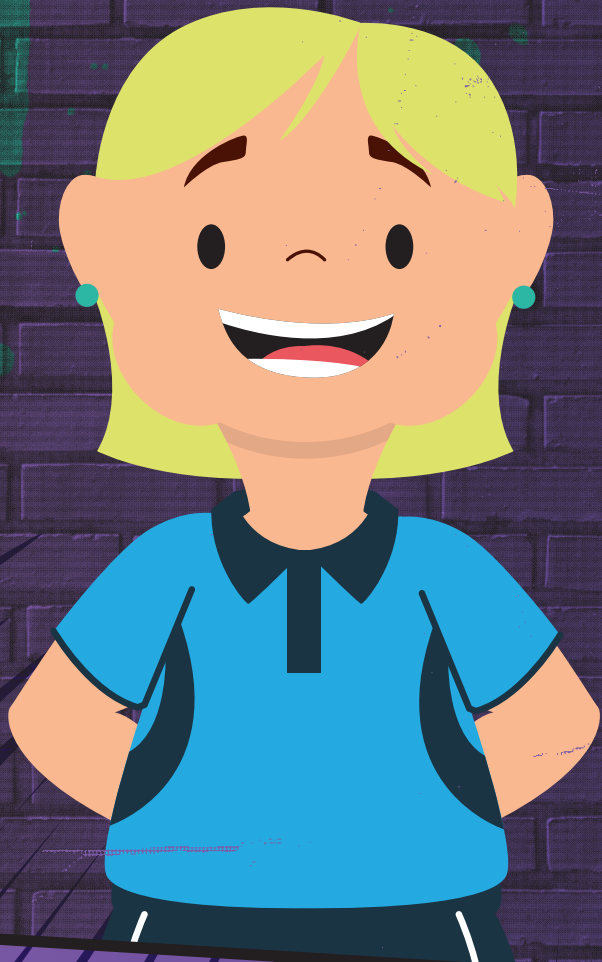


Sometimes I might not feel comfortable getting dressed in the change room and having other people see my body. Many young people feel this way.



There are some things I can try if I feel worried about using the change rooms.

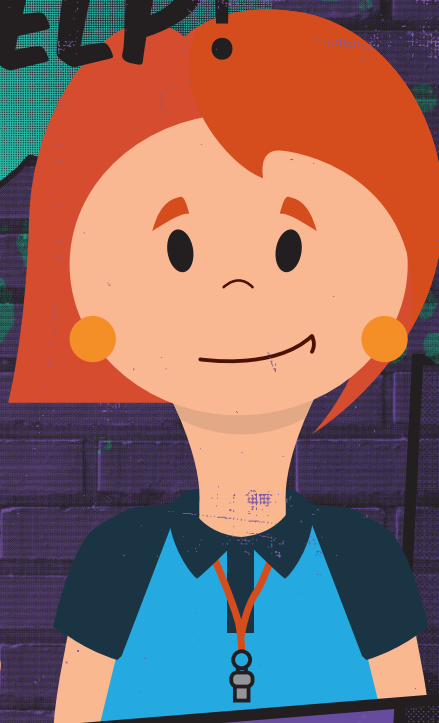
I could ask my teacher if I can come to school in my sports uniform on sports days.



I could ask my teacher if I can change when there aren't many other students in the change rooms.  
I could change in one of the cubicles.

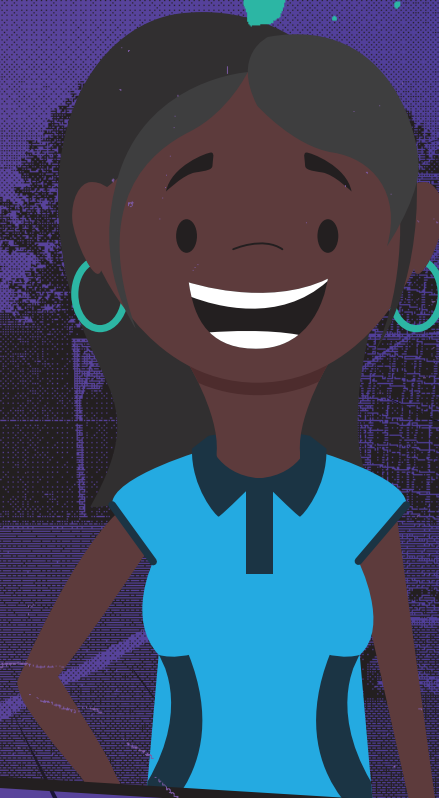


**HELP!**



If I feel that other students are not respecting me or my things in the change room, I can say no, and I can tell a teacher.

There are lots of things I can do if I am uncomfortable changing into my sports uniform so that I can still play sport!





## **About this story:**

Children with disabilities and developmental challenges may experience more anxiety than other students.

This may be related to being sensitive to looking different from other students if they have a physical disability, through to being sensitive to environments that are noisy and crowded.

This story normalises these anxiety and presents some options for students so that they can still participate in sport and physical activity.

For more stories and information on making education accessible for everyone  
please visit: [allplaylearn.org.au](http://allplaylearn.org.au)



Copyright 2019. Deakin University

Except as permitted under your local Copyright Act, no part of this material may be reproduced by any process, electronic or otherwise, without the specific written permission of Deakin University.

For permission to reproduce this material please contact: [copyright@deakin.edu.au](mailto:copyright@deakin.edu.au).

AllPlay Learn was supported by the Victorian Government.



Education  
and Training