



Going to a silent disco



We are looking forward to seeing you soon at a silent disco.

This experience can feel a little different when it is new to you.

We hope this story helps you prepare for the silent disco.

A social story by Blue Sky Community Services

A silent disco is a little different from other discos.



Everyone can wear headphones to listen to the sound of the music.

I control the volume of the music on my headphones. I choose how loud or soft I want it to be. My volume can be different from other people.



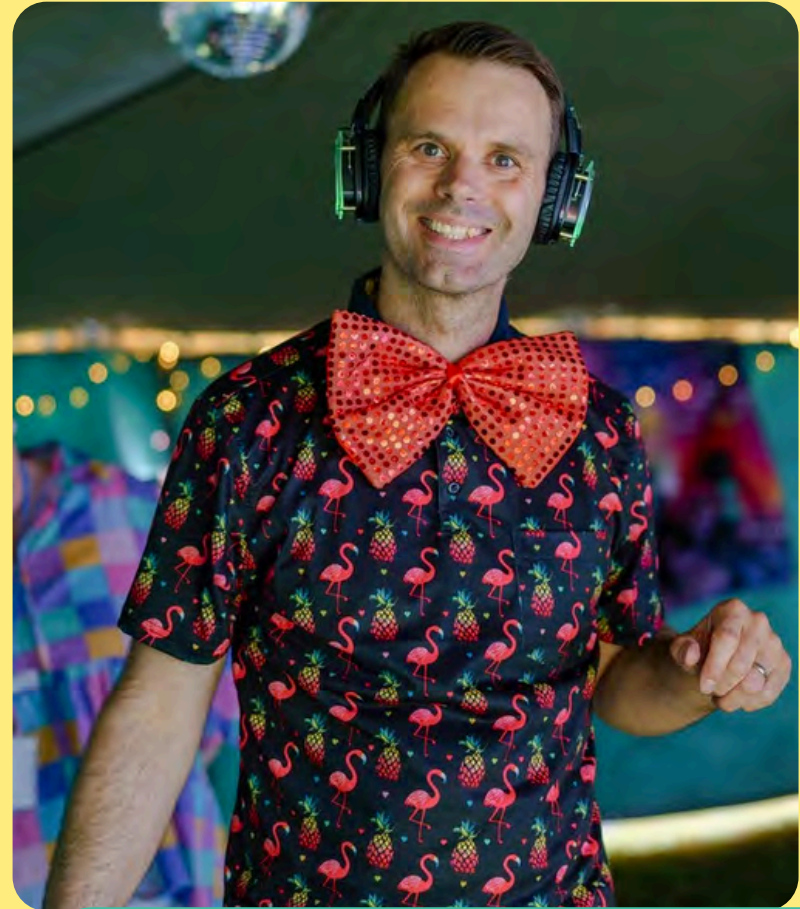
It's okay to take my headphones off if I need a break.

A silent disco can be enjoyed by people of all ages.



Some people might be kids and some people might be adults.

I might notice some signs outside the disco space. They tell me a bit about what the disco is like and some of the great things about joining in.



Some people might be dressed up in bright, fun clothes. But I don't have to dress up if I don't want to.



The adults running the disco can help me with the headphones and show me how to use them.

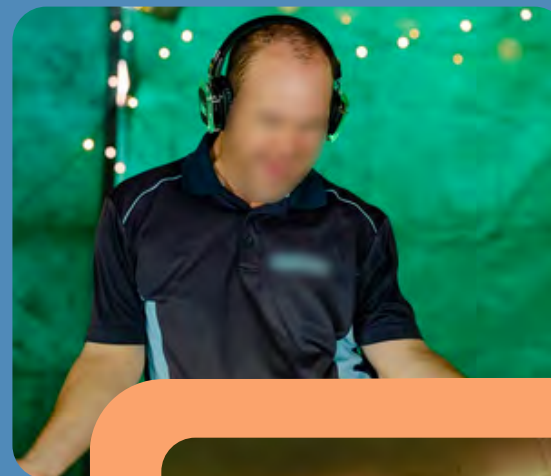


There will be lots of headphones for people to use. They have different coloured lights depending on what song I am listening to.

Some colourful lights make the disco space fun.



But I don't need to worry - they are not too bright or flashy, and there aren't any strobe lights.



I might want to dance. I can dance on my own or I might want to dance with someone else.

It's okay if I don't feel like dancing. I can take a break and relax in the quiet space instead.



There might be cushions and beanbags for me to sit on.



There might be sensory tools available in the space that I can use.

These tools can help me feel comfortable and safe while I enjoy the disco.



If I start to feel overwhelmed
or need help at any time,
that's okay.
I can tell someone and they
will help me.

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story helped you
prepare for going to a
silent disco.

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with us.

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