



How can other families support inclusion at school?

Transcript

- 00:00:00 - 00:00:09 [Music]
- 00:00:10 - 00:00:23 I think for me, some of the greatest acceptance has just been people that don't judge, and they still invite me for coffee, they still invite my child to things. So, it's about inclusion.
- 00:00:24 - 00:00:39 And, you don't necessarily have to understand, because that's a whole different journey in itself, but it's just about knowing. Or "hey, how are you going?", just a quick check in, right? Or "I see", you know, "my child came home talking about your child, I'm just checking in".
- 00:00:40 - 00:00:49 You know, you're not going to want to know everything, but it just looks like you care and that, that connects us a little bit more rather than feeling really isolated.
- 00:00:50 - 00:00:53 And I think this is the other thing that people don't realize they can do.
- 00:00:54 - 00:01:07 If you see, you're dropping your child off to school, for them that might be a celebration because they haven't got there for the full week and it's about celebrating and recognizing that. You know, those little things that aren't your stock standard.
- 00:01:08 - 00:01:19 Or even if you're at an athletics day, which is really sensory overwhelming for some of our community, and you see that child with their headphones on scoring, they're participating and they're being included in the group.
- 00:01:20 - 00:01:28 So instead of judging, actually going to the parent, "hey, wasn't it great to see Joey at the athletics day participating".
- 00:01:29 - 00:01:41 What I would have loved people to have known about working or chatting with myself or my children is recognizing that yes, we have a disability or yes, we have additional challenges but that's only a part of us.
- 00:01:42 - 00:01:50 There's a lot more to us than just the disability and about being able to look beyond that and connect with us in different ways.
- 00:01:51 - 00:02:00 So, you know, if it's a football that you can see that the child is really passionate about, start a football conversation with them you know, connect in with them and myself as a parent.
- 00:02:01 - 00:02:11 Connect in with humor with me or find an interest so it doesn't all just have to be shaped and defined by the fact that the family's got a disability. Because there's more to that family and there's more to that individual
- 00:02:12 - 00:02:24 And sometimes we need reminding too because we get consumed within the disability sector and we need reminding that there's so much more out there in the world than just disability.
- 00:02:25 - 00:02:30 The word inclusion is used a lot but what does it actually mean? Because inclusion looks

different to everybody.

00:02:31 - 00:02:35

Also, it comes down to psychological safety. Do I feel safe enough to participate?

00:02:36 - 00:02:45

And I think that's a learning journey, not just for families of those with disability but for those without – psychological safety is so important for getting people to participate.

00:02:46 - 00:02:51

They need to feel safe and that's what inclusion is too, about feelings of safety to be able to participate.

00:02:52 - 00:03:07

At the end of the day it doesn't kind of really matter if you have a disability or you don't have a disability it's actually all about inclusion which is connection and through connection creates opportunities and through opportunities we're allowed to grow and thrive and the opportunities are endless.

00:03:08 - 00:03:19

[Music]