

NO LIGHTS
NO LYCRA

Student Ambassador Program



Acknowledgement

No Lights No Lycra (NLNL) Education respectfully acknowledges the Traditional Custodians of the land on which the Student Ambassador Program and NLNL Events are located.

NLNL Education is based on the lands of the Wurundjeri People of the Kulin Nation, in Narm (Melbourne). We pay our deepest respects to Aboriginal communities of the Kulin Nation, acknowledging Elders, past and present. NLNL Education honours the continued connection and communication to land and waterways of Aboriginal and Torres Strait Islander Nations through dance and song. We acknowledge the ongoing leadership of Aboriginal communities, and their practice of holistic education supporting the mental health and wellbeing of young people through artistic and cultural self-expression.

We pay respect to the cultures, knowledge and continued history of all Aboriginal and Torres Strait Islander Nations, uniting learning, knowledge exchange, culture, connection and wellbeing.

What is NLNL?

No Lights No Lycra (NLNL) is a global dance community providing an inclusive and non-judgmental place for people to dance in the dark. We grew from a small gathering in Melbourne, to now running NLNL events in over 80 communities worldwide, simply because joy is contagious, and people love to dance.



What is the Student

Ambassador Program?

Designed in collaboration with high school students, the NLNL Student Ambassador Program has been created to get your school community moving for better health and wellbeing!

This student-led initiative is run by a small group of students who have undertaken our fun, dynamic and engaging FREE online training which aligns with The Australian Student Wellbeing Framework and links to the Australian Curriculum.

These students become health and wellbeing champions for their school community and learn to encourage and inspire the next generation to enjoy dance as an everyday valued form of exercise and mindfulness. It is so important to encourage young people to prioritise and care for their mental health and this peer mentoring and leadership is best practice.



Why does your school

need this program?

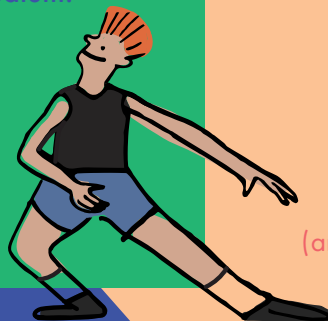
We believe NLNL is about more than just dancing in the dark.

NLNL is a philosophy and a way of being. It's about bringing people together in an inclusive, unpretentious, joyful community setting that uses music and movement to uplift, improve mood and reduce stress.

The University of Sydney found that 95% of participants felt NLNL improved their physical health, and 97% said NLNL improved their mental health. The top wellbeing benefits reported were **inclusivity, community trust and lack of fear of judgement.**

The Student Ambassador Program encourages young people to prioritise and care for their mental health and their peers using music and movement as the medium.

- Mental Health
- Physical Health
- Community Engagement
- Inclusiveness
- Confidence
- Connection



Young Australians are vulnerable to stress, anxiety and low self-esteem. According to beyond blue:

over
75%

of mental health problems occur before the age of 25

1 in **7**

Young Australians experience a mental health condition

almost
1/5

of all young people aged 11 to 17 years experience high or very high levels of psychological distress

Research shows that children doing regular physical activity can have improved:



Physical health



Mental health

Improving concentration + ability to manage anxiety and stress



Emotional wellbeing

Feeling more confident, happy + relaxed, with improved self-esteem



Social skills
(and reduced anti-social behaviour)



Capacity for learning

Listening to uplifting music can have a profound impact on the brain. Stimulating it to increase feel good hormones and improve mood. Music is a great vehicle to help us process emotions.

Your NLNL

Ambassadors will:

In this program, students learn about entrepreneurship, leadership, understanding inclusion, developing their own voice, partnerships, community engagement, with access to support networks.



Your NLNL Ambassadors will:

- 1 Complete a 6 part online training program via the NLNL website and have access to our Student Hub.
- 2 Host regular NLNL sessions during school hours, this could be at lunch time or as an extra-curricular activity.
- 3 Lead conversations with your school community about the benefits of participating in NLNL and prioritising health and wellbeing.
- 4 Ensure that the NLNL experience is safe, welcoming and upholds the NLNL values and principles.
- 5 Facilitate student lead discussions supported by adult mentors relating to positive body image, inclusivity and community engagement, breaking down stereotypes, popular culture and music.

So now it's time to give your students the opportunity



to run a program that is fun, builds physical and social confidence, encourages health, wellbeing, expression and creativity and most importantly break free of the social pressures that surround people on the dance floor, and become a confident creative dancer for life.

1

Sign up your interest via the No Lights No Lycra Education Hub on our website [HERE](#).

2

Speak to our team for more information about the program

3

Your school selects an adult mentor to support students through the program and communication with NLNL Team. The program is designed to require minimum teacher input so feel free to check in when you deem appropriate.

4

Your school selects 3-6 students who will be the NLNL Ambassadors. How you approach selecting students is up to you! This opportunity is open to ALL students - individuals who have an interest in movement and music, students who

may benefit from team building and social connection and young people currently part of student council / leadership roles within the school community.

5

The Student Ambassadors undertake our NLNL online training. There are 6 modules that teach students the NLNL philosophy and process for running an event. The modules are:

Module 1: Introduction to No Lights No Lycra

Module 2: Student Ambassador

Module 3: Safety in the Dark

Module 4: Playlists

Module 5: Marketing

Module 6: Running Your First Event



6

Your school provides a safe space for your Ambassadors to begin running events within the school community.

7

Through an online forum NLNL Student Ambassadors are connected with other participating students around Australia

8

This program becomes part of your ongoing Australian Student Wellbeing Framework and can continue as an ongoing contribution to students mental health and wellbeing.

How does it link to the curriculum?

The NLNL online training links directly with the Australian curriculum and the Australian Student Wellbeing framework.



MODULE 1: INTRODUCTION TO NLNL AND THE PROGRAM

PERSONAL AND SOCIAL CAPABILITY

Self-awareness element:

- Recognise emotions

CRITICAL THINKING

Inquiring – identifying, exploring and organising information and ideas element:

- Pose questions
- Identify and clarify information and ideas

INTERCULTURAL UNDERSTANDING

Recognising culture and developing respect element:

- Investigate culture and cultural identity
- Explore and compare cultural knowledge, beliefs and practices
- Develop a respect for cultural diversity

HEALTH AND PHYSICAL EDUCATION

- Personal, social and community health
- Mental health and wellbeing
- Health benefits of physical activity
- Rhythmic and expressive movement activities

MODULE 2: WHAT IS THE NLNL AMBASSADOR'S JOB?

PERSONAL AND SOCIAL CAPABILITY

Self-awareness element:

- Recognise emotions
- Develop reflective practice
- Recognise personal qualities and achievements

Self-management element:

- Express emotions appropriately

Social awareness element:

- Contribute to civil society
- Understand relationships

Social management element:

- Make decisions
- Develop leadership skills

CRITICAL THINKING

Inquiring – identifying, exploring and organising information and ideas element:

- Pose questions
- Identify and clarify information and ideas

INTERCULTURAL UNDERSTANDING

Recognising culture and developing respect element:

- Investigate culture and cultural identity
- Explore and compare cultural knowledge, beliefs and practices
- Develop a respect for cultural diversity

Reflecting on intercultural experiences and taking responsibility element:

- Reflect on intercultural experiences



MODULE 3: COMMUNICATING THE RULES

PERSONAL AND SOCIAL CAPABILITY

Self-management element:

- Become confident, resilient and adaptable

Social awareness element:

- Understand relationships

Social management element:

- Communicate effectively
- Develop leadership skills

CRITICAL THINKING

Inquiring – identifying, exploring and organising information and ideas element:

- Identify and clarify information and ideas
- Evaluate procedures and outcomes

INTERCULTURAL UNDERSTANDING

Understanding ethical concepts and issues element:

- Explore ethical concepts in context

MODULE 4: PLAYLISTS

ICT

Applying social and ethical protocols and practices when using ICT element:

- Recognise intellectual property

Investigating with ICT element:

- Locate, generate and access data and information
- Select and evaluate data and information

Creating with ICT element:

- Generate solutions to challenges and learning area task

THE ARTS

Music:

- Composition
- Arrange music
- Manipulate combinations of the elements of music in a range of styles, using technology



MODULE 5: GETTING THE WORD OUT TO YOUR COMMUNITY

CRITICAL THINKING

Generating ideas, possibilities and actions element:

- Seek solutions and put ideas into action
- Analysing, synthesising and evaluating reasoning and procedures element:
- Apply logic and reasoning

INTERCULTURAL UNDERSTANDING

Interacting and empathising with others element:

- Consider and develop multiple perspectives

ICT

Generate ideas, plans and processes element:

- Generate solutions to challenges and learning area tasks

Communicating with ICT element:

- Collaborate, share and exchange

ENGLISH/LITERACY

- Creating texts
- Interacting with others
- Composing texts through speaking, writing and creating

MODULE 6: RUNNING YOUR FIRST CLASS

PERSONAL AND SOCIAL CAPABILITY

Self-awareness element:

- Develop reflective practice

Self-management element:

- Work independently and show initiative

Social awareness element:

- Contribute to civil society

Social management element:

- Communicate effectively
- Work collaboratively
- Make decisions
- Negotiate and resolve conflict
- Develop leadership skills

INTERCULTURAL UNDERSTANDING

Interacting and empathising with others element:

- Consider and develop multiple perspectives
- Empathise with others



CRITICAL THINKING

Seek solutions and put ideas into action:

- Consider alternatives
- Seek solutions and put ideas into action

Reflecting on thinking and processes element:

- Reflect on processes
- Transfer knowledge into new contexts

Analysing, synthesising and evaluating reasoning and procedures element:

- Apply logic and reasoning

THE ARTS

Dance:

- Elements of dance
- Choreographic devices
- expressive skills

NLNL Event Venue

Requirements

To ensure the most impactful and engaging experience for your students, all NLNL events require the following essential venue and tech requirements:

- **Adequate sound or speakers** to ensure your playlist can be enjoyed by all! *NLNL may be able to support schools with seeking funding for speakers - please speak to our NLNL Education Team
- **Good ventilation and air flow** to support the safety of participants
- **Space to move freely** - refer to the Student Ambassador COVID-19 Safety Plan for more information on how to ensure 1.5 metre distance between participants
- **Spaces where you are able to create a dimly lit setting** - don't forget equipment and items you may need to help cover and secure windows such as tape, fabric and/or paper
- **Active Student Ambassador supervision** - We want you to have fun and part of that is looking out for your peers and ensuring the event remains safe, inclusive and free of judgement



Suggestions on suitable spaces for NLNL events include:

- An auditorium or theatre space
- School hall
- Gymnasium with good ventilation
- Large multipurpose room
- Large spaces with accessible features

Considered unsuitable spaces for NLNL events include:

- Spaces with pillars or obstacles that might become a hazard
- Seated spaces
- Shared spaces that could impact individuals who are not participating in NLNL events

Please speak to our NLNL Education team for the specific requirements of your NLNL Student Ambassador Program as there may be additional items for your students to consider.

Please refer to the above information to ensure your event venue is appropriate and accessible for all. To support your space set up is COVID-Safe, please refer to your *Student Ambassador COVID-19 Safety Plan* on our website.

Need to know more?

Jump onto our website
education.nolightsnolycra.com and sign up
to the Student Ambassador Program.

In partnership with VicHealth,
this program is FREE!

Questions? Email us at
schools@nolightsnolycra.com to get in
touch with our NLNL Education Team!

Please find a copy of all our policies on our website.



NLNL
EDUCATION

