

# Staying Safe In Dance

*What Young  
People Need to  
Know About  
Grooming, Sexual  
Assault, and  
Getting Support*

# **You Deserve to Feel Safe, Respected, and In Control – Always.**

*The dance industry is built on trust, connection, and creativity. But when power is misused – whether by a teacher, choreographer, peer, or mentor – it’s important to recognise that grooming, coercion, or sexual assault are never okay, regardless of your age, gender, or position.*

*If something doesn’t feel right – it probably isn’t. You are entitled to boundaries, respect, and support.*

# What Is Grooming (Over18)?

*Even as an adult, grooming can occur. It often involves a gradual process where someone builds trust or influence to manipulate you into unsafe or unwanted sexual or emotional relationships, often under the guise of mentorship or opportunity.*

*Warning signs might include:*

- Emotional manipulation or guilt-tripping*
- Creating isolation from peers or support networks*
- Crossing professional boundaries (e.g. private messages, after-hours meetings)*
- Sexual jokes, comments, or non-consensual touch*
- Promises of roles, advancement, or status in exchange for compliance*

# What Is Sexual Assault?

*Sexual assault is any sexual activity you didn't agree to, including unwanted touching, coercion, pressure, or threats - whether from a peer, teacher, director, or anyone else.*

*It doesn't matter how long you've known them, whether you were in a relationship, or what your role is - your consent is what matters.*

# In VET Certificate or Diploma Programs

*You have the right to feel safe, respected and supported - in every studio, on every stage, and in every classroom.*

*If you're studying dance through a VET-accredited course (like Cert III, Cert IV or Diploma), you're in a professional training environment. That means your educators and organisation have legal responsibilities to ensure your safety and dignity at all times.*

# **If You Feel Unsafe, Here's What You Can Do:**

## ***Trust Your Gut and Set Boundaries***

*If something feels uncomfortable or crosses a line – you have the right to say no, walk away, and set clear boundaries.*

## ***Document What Happened***

*Take notes or screenshots – especially if it's digital. It can help later, even if you're unsure about making a formal complaint.*

## ***Talk to Someone You Trust***

*That could be:*

- *A friend or peer*
- *Studio manager or Child Safety Officer (many studios have one, even for over-18s)*
- *A mentor outside the immediate workplace*

## ***Make a Formal Report or Get Support***

*You can report inappropriate or unlawful behaviour through:*

*Police (Victoria):*

*Call 000 if immediate danger.*

*Non-urgent reports: 131 444*

*1800RESPECT – National Sexual Assault, Domestic and Family Violence Service*

*Call 1800 737 732 – 24/7*

*[www.1800respect.org.au](http://www.1800respect.org.au)*

*Sexual Assault Crisis Line (Victoria)*

*1800 806 292 – 24/7*

*Free and confidential*

*eSafety Commissioner (for online abuse or image-based abuse)*

*[esafety.gov.au/report](http://esafety.gov.au/report)*

# **You Are Not Alone – Support Services for Young Adults**

## *Headspace*

*For mental health and wellbeing (ages 12–25)*  
*headspace.org.au*

## *CASA (Centres Against Sexual Assault – Victoria)*

*Free counselling and advocacy for people affected by sexual violence*  
*casa.org.au*

## *Victims of Crime Helpline (Victoria)*

**1800 819 817**

*Information and referrals to legal, financial and counselling services*

# **In the Dance Industry, You Still Have Rights – Even as an Adult**

## *You have the right to:*

- *Work and train in a safe environment*
- *Be treated with professionalism and respect*
- *Speak up about concerns without retaliation*
- *Access support, counselling, and legal options*

# Dance Arts Alliance (DAA) Is Here to Help

*We work to raise industry standards and protect dancers of all ages – including over-18s – from abuse and exploitation. If your studio is a DAA member, they must follow strict codes of conduct and uphold your rights as a dancer and employee.*

*Need advice or unsure what to do next?*

*Contact DAA Confidentially*

*Website: [www.danceartsalliance.org.au](http://www.danceartsalliance.org.au)*

*Email: [admin@danceartsalliance.org.au](mailto:admin@danceartsalliance.org.au)*