

# When it's loud and noisy



**Reader note:** while these stories have been developed to support all young people's participation in footy, we recommend that you speak with your child about the concepts and examples in a way that is relevant to your child.

There are lots of good things about footy. I can play fun games at NAB AFL Auskick. I can watch my favourite team play a footy match and see my favourite football players up close!



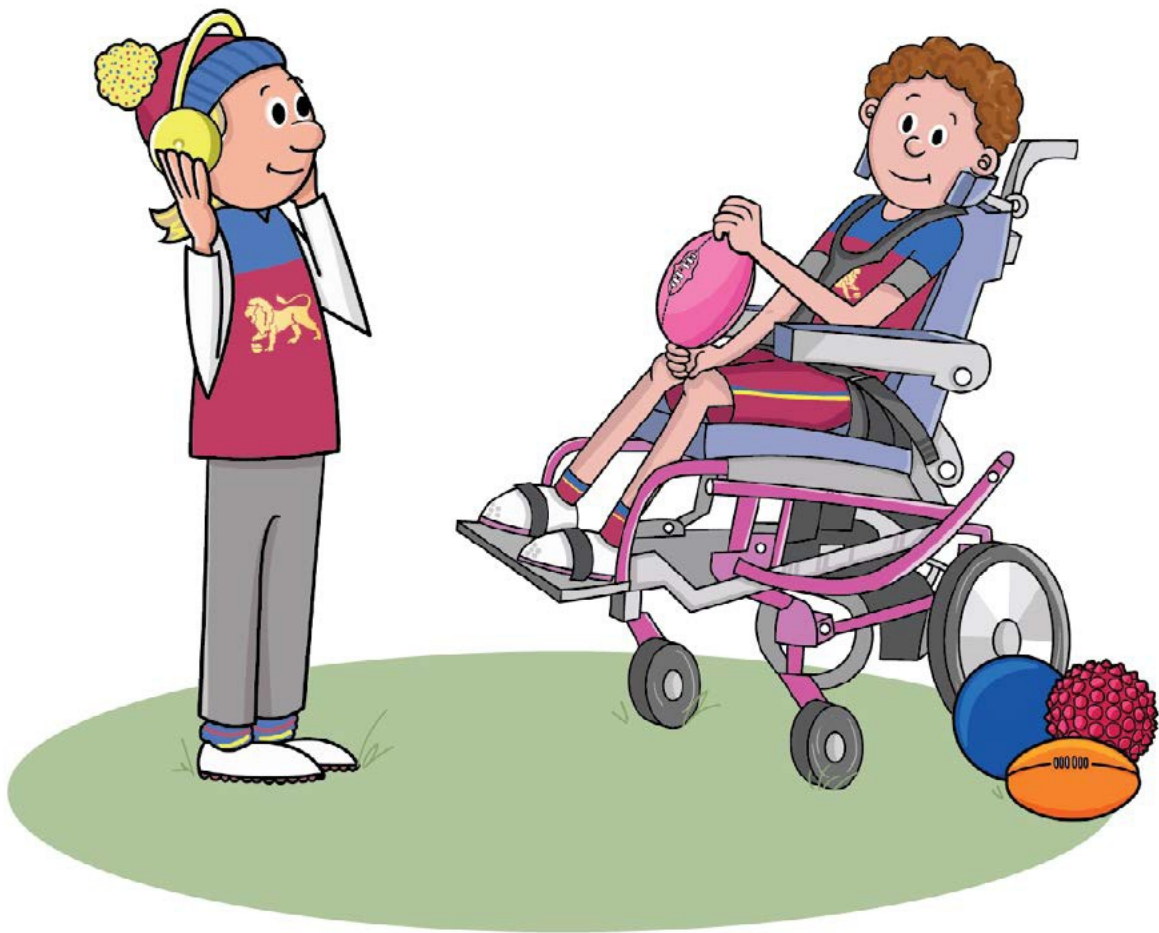
Sometimes, Auskick can get a bit noisy if there are lots of players doing activities. Or, the coach might blow a whistle so that players know when to stop an activity.

Footy games can get really loud too. People can cheer on their teams, clap, toot their horns, and loud music might be played.

It's okay to be a little worried about all the noise that can happen at Auskick sessions and footy matches.



There are things that I can do to help if I feel worried about the noise. I can wear headphones. I can wear ear muffs or ear plugs to block out some noise.





I can ask my coach, a helper, or my family for help to go to a quiet place for some time away from the noise.



Playing Auskick and going to a football match can be fun! There are things I can do if I feel worried when it is noisy.





*AllPlay Footy is a joint initiative by Monash University and the AFL. AllPlay Footy was founded at Deakin University in 2015 and has been part of Monash Education since 2021. The AllPlay Footy content and resources presented here have been developed with people with lived experience of disability, consultants from National Sporting Organisations for People with Disability, psychologists and researchers, and are brought to you with funding from a Department of Social Services Information, Linkages and Capacity Building: Social and Community Participation Stream (2020-2021) grant. We aim to use language that is respectful to everyone.*

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