



# BODY IMAGE IN DANCE TRAINING

## CALL TO ACTION FROM JUNIOR AMBASSADORS

Body image has always played a significant part within dance training. All AWA DANCE team members can recollect a time in their training where their body had been commented on, and from speaking with the Junior Ambassadors it was clear to see that very little had changed. The dance industry is a high pressure environment, especially within dance training. It was important to carry out this survey to showcase the significant impact negative comments about body image has on young female dancers. Some comments that were made to AWA DANCE team members in their dance training have stayed with them throughout their careers (10-20 years on). From producing this survey and seeing the results, we have evidence that there is a problem. As a result, we can now work towards creating essential change and finding solutions to ending judgement and discrimination on body image in dance.

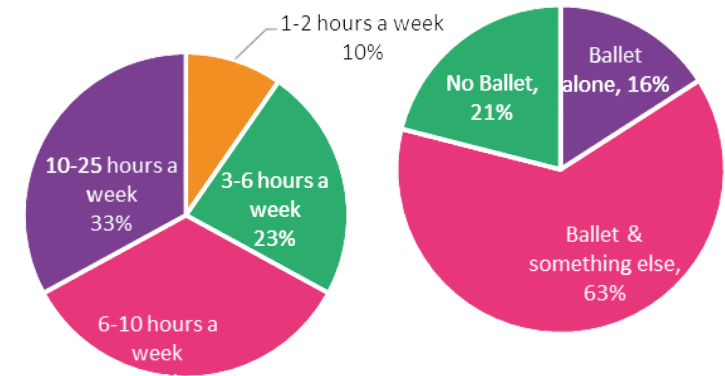
## THE RESEARCH

AWA DANCE are passionate about bringing to light problems all women and girls face within and outside of the dance sector. With this in mind, AWA DANCE alongside their Junior Ambassadors decided to research into the prevalent issue of how young women feel about their bodies, especially within dance training. This took shape in the form of a survey titled, "Body Image in Dance Training" 2021. The survey was aimed at all females aged 11 to 18 and over 2 months (May-June 2021) 176 young women and girls replied.

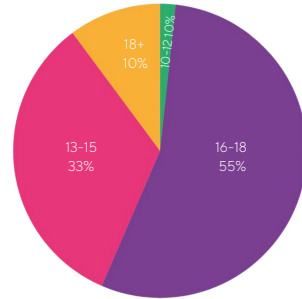
## LIMITATIONS AND FURTHER RESEARCH

The sample size and its bias (majority of respondents are white, middle class girls aged 16- 18) are limitations to the project. Nevertheless, results provide an interesting insight on body image stigma in dance and represent an important first step towards a growing research agenda within the charity AWA DANCE. In order to have had more comprehensive results a wider range of ethnicities and social class backgrounds would have needed to be featured. This will be an important component that will be factored into further research. If you would like to hear more about our research or if you would like to help us with the continuation of our research, please do get in touch.

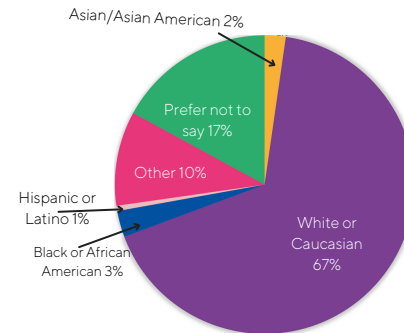
## Type of dancing and training hours per week



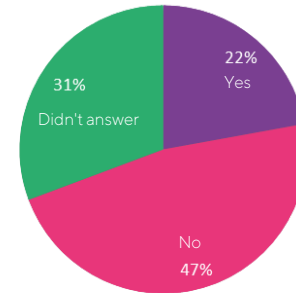
## How old are you?



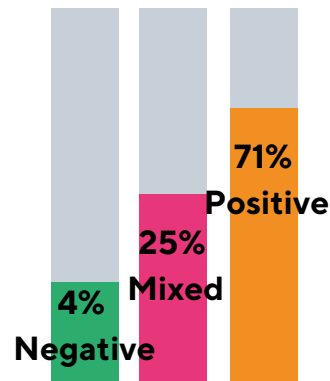
## What is your ethnicity?



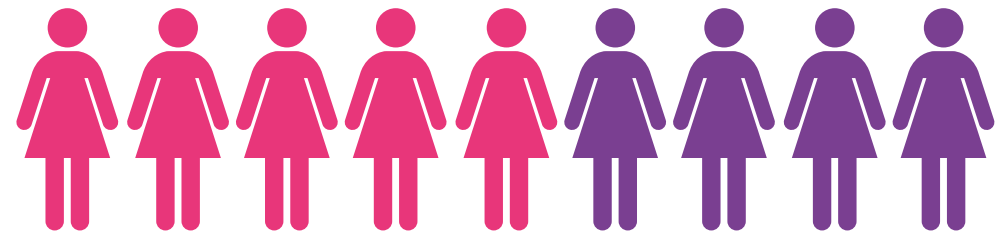
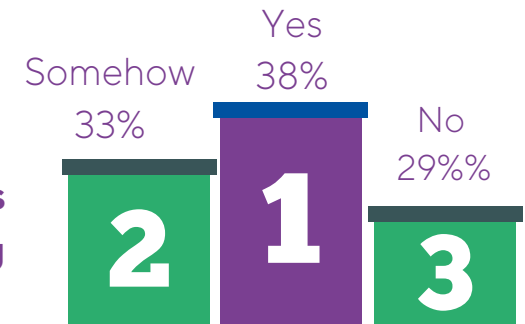
## Do you identify as part of the LGBTQ+ community?



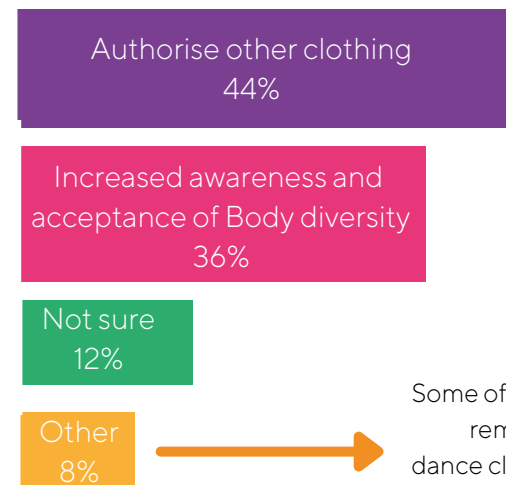
## How does dancing make you feel?



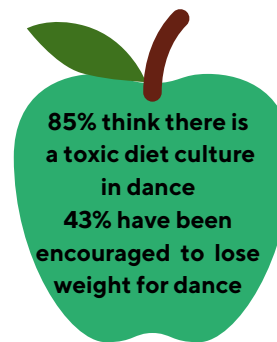
## Has body image awareness stopped you from enjoying dance?



## If you feel you were to be more comfortable in your dance class environment, what do you feel should be put in place to make this change?



Some of the "Other" responses included removing the mirrors from the dance class, promoting healthy nutrition and avoiding gender biases.



**49%**  
**Don't feel comfortable in their dancing uniform**

**66%**  
**Have experienced unwanted body image comments in the dance classroom**

## Negative comments on body image come from:

