

RELAXED PERFORMANCE MANIFESTO

...Or, how to be nice...

You may have heard or seen the term 'relaxed performance' and wondered what it is. Relaxed performances are for everyone. They consider that people might have different needs and allow people more freedom in how they behave as an audience.

We think everyone should be able to enjoy shows, so we've created some guidelines on how to be a good ally. Hopefully, we'll all get more out of it!

WHAT DOES IT MEAN?

It depends, but it can mean: less noise; more space; more lighting; no strobes; more freedom of movement... It should also mean an understanding and proactive audience and staff.

How to master a relaxed performance (or any performance really):

✓ **BE AWARE OF THE PEOPLE AROUND YOU** and that they may have different needs.

✓ **BE PATIENT**, give people a chance to say what they need.

✓ **BE POLITE AND LISTEN TO OTHERS**, you will learn something.

✓ **CHECK IN WITH OTHERS** and be supportive if it's wanted and needed.

✓ **TAKE ACTION** and tell staff if someone is being rude or threatening.

✓ **HOLD VENUES ACCOUNTABLE** and make it clear you expect them to actively support neurodiverse individuals and their needs.

✓ **CREATE SPACE** for those who need it (quiet rooms and physical room, no one wants to smell your armpits).

✓ **RELAX**, you might enjoy yourself more.

✓ **RESPECT THAT WE ARE ALL DIFFERENT AND EQUAL**. We all deserve joy.

✓ And, **EVERYONE IS ENTITLED TO DANCE** if there's funky music!

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LATE**