

## Use of Dance to Promote Inclusiveness and Reduce Bullying of Individuals with Disabilities

By [Bonnie Bartos](#) posted 10-31-2019 21:55

### Movements Toward Reducing Bullying, Especially for Students with Disabilities

Recent documentation by [Stopbullying.gov](#) reports that students reported being the victim of bullying at rates of 1 in 4 up to 1 in 3 children. Cyberbullying is thought to occur less frequently, though it may be that bullying occurring through computer and Social Media contacts may not be reported as frequently as it occurs. An amazing dance was performed by a group known as Infinite Flow on a television program several days ago. The originator of Infinite Flow is a woman named Marissa Hamamoto. She started the dance performance group after recovering from a spinal stroke that rendered her unable to walk for a most of a year. She regained mobility, tone, and strength through hard work and her love of dance. Marissa Hamamoto noted on this news program that children with disabilities experience bullying 2 – 3 times more frequently than their able-bodied peers.

Part of Infinite Flow's mission is to give dance performances featuring able-bodied individuals and people with different disabilities dancing together in beautifully choreographed dances. During the news program, Ms. Hamamoto danced with Piotr Ivanitzki who was born with Spina Bifida and uses a wheelchair. Infinite Flow is an ideal name for their group as they moved in connected forms and the dance was flawless. These dancers are hired to perform at school assemblies and discuss methods of reducing bullying. Their Inclusive Dance Company has students and adults of all ages, abilities, and levels of dancing. Marissa Hamamoto reported that some schools reported motivation to make changes to reduce bullying and had success implementing changes that were discussed or recommended in the Assembly Sessions.

Infinite Flow received funding and dance clothing from Capezio so that they could perform more of the important and impressive dancing. Given that many of us process information in multiple ways, especially sight, hearing, and sometimes through tactile methods, using a visual approach to grab the students' attention is a great method to deliver the important information. Infinite Flow is not only delivering information through their inclusive dance performances, they use that as an entry point to ensure receptivity to the information on reduction in bullying. Infinite Flow's tag line is that they are "Using Dance to Inspire Inclusion and Innovation". Their statement on their beliefs reflecting, "We believe dance is transformational, dancing brings people together, and dance is a powerful vehicle of change".<sup>1</sup>

This Nonprofit Organization has performed and discussed Inclusive Processes with schools as well as businesses and leadership teams. The "About Us" Section of their website provides information on their structure, performances, mission, and a section called "What We Do". The "What We Do" segment specifies that they "Change Perceptions, Build Community, Educate Leadership". Videos of their dance performances can be viewed on their website at <https://www.infiniteflowdance.org/about>. You can also subscribe to receive their newsletter.

1. Statement quoted from Infinite Flow's website section on their beliefs: <https://www.infiniteflowdance.org/about>

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