

Proper Silent Spaces

Proposer Emma Moxon (Students with Disabilities Officer (Invisible Disabilities Place))

Seconded Abbey Doormann (Disabled Students Liberation Society (SpLD and Autism Spectrum))

Summary

(150 word to explain the objectives of the motion)

A motion was passed at Union Council last year to create silent study places in the library, which were created over the summer. However, these spaces do not block out electronic noise or the noise coming from adjacent rooms, as well as there being very few available. This motion allows us to accommodate all students and their needs, whether that be a place during the day to recharge or a space they feel able to study.

Council Notes

1. Those with invisible disabilities affecting their social environment are more likely than others to find constant social connection exhausting.¹
2. Autistic people are at a higher likelihood of overstimulation from their social and working environment, which can have negative impacts on mental health such as Autistic Burnout.¹
3. In more recent times, society is biased towards extroverted people, in turn leading to (at the very least) mild ostracization of introverted people. This by default puts invisibly disabled and neuro-diverse students, including those with anxiety conditions, at a disadvantage and makes a lot of areas inaccessible.²
4. Silent, sensory friendly spaces for people to visit have been shown to be of benefit to those with disabilities that affect the ability to socialise.³

Council Believes

1. Full accessibility is a right all our students have, and we should lobby for it where it's not present.
2. Silent spaces for our students would be beneficial, for a wind-down area or for studying.
3. Invisible disabilities should be taken seriously and treated with respect.

Council Resolves

1. To lobby the university to make a commitment to funding accessible, sound-proof, silent spaces for students.
2. To lobby the university to communicate with the students that will be impacted by any changes being made, ensuring accessibility is at their forefront.

¹<https://www.theautisticadvocate.com/2018/05/an-autistic-burnout.html>

²https://www.technologynetworks.com/neuroscience/news/teens-who-prefer-their-own-company-may-be-on-to-something-317186?utm_campaign=NEWSLETTER_TN_Neuroscience&utm_source=hs_email&utm_medium=email&utm_content=71178482&_hsenc=p2ANqtz-93pol8_BkYSND5owHtdpvTwUXzU_cLy7bn9yCOyTt0Kj85XUyC-J2T-oN5IRs7dOUVGbl7HGBqXyTNhBunwKtTR_pTxA&_hsmi=71178482&fbclid=IwAR1Ctq503lx4LARI_QgbcCLNceLLL9Bkavd64toOpmmlOg6snaX3dDuPzzg

³<https://asiam.ie/creating-a-quiet-space/>