



# LET'S TALK *about Dance Belts!*

## A PARENT'S GUIDE FOR MALE DANCERS

### ● *What is a Dance Belt?*

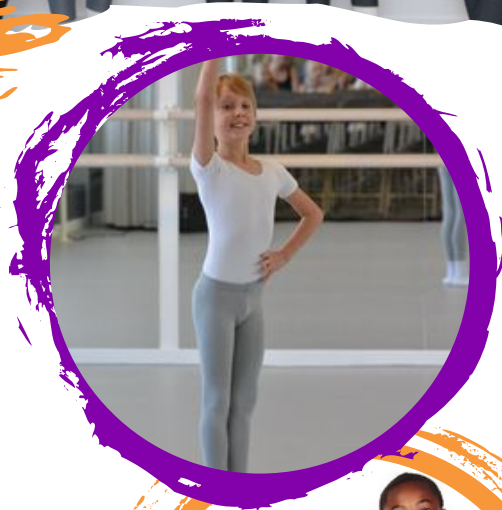
A dance belt is an undergarment worn by male dancers that is designed to provide support and protect their genitals. It is basically a jock strap specially made for the needs of dancers.

### ● *Why does a male dancer need one?*

In ballet and dance, the purpose of a dance belt is primarily for aesthetics. Male dancers could wear numerous other types of support, but a dance belt is the support of choice because it helps create beautiful lines in the body, and does not show underwear lines. A dance belt also provides padding and modesty for the male dancer so that his genitals are not on show for the world to see.

### ● *When should a dancer start wearing a dance belt?*

Typically a male dancer should begin wearing a dance belt around age 9, as it is easier to get used to a dance belt the younger the dancer is.



**REVIEWS ON  
DIFFERENT  
BRANDS OF  
DANCE BELTS:**



**AN ARTICLE  
ABOUT DANCE  
BELTS:**

