

Community participation is when people get involved in their community, such as by volunteering, attending events, or joining groups. It can also refer to people's involvement in decision-making processes and health initiatives.

Community participation can have many benefits, including:

- **Building social bonds:** People can build relationships with their neighbors and fellow community members.
- **Promoting inclusivity:** Community participation can help to make communities more inclusive.
- **Enhancing well-being:** Community participation can contribute to people's personal well-being.
- **Empowering citizens:** Community participation can be a vital part of democratic governance.

The level of community participation can vary and is influenced by social dynamics and contextual factors. For example, the role of the plan, the process, and the tension between dominant groups and those who feel excluded are all important considerations.