

Supporting PSHE Curriculum

Our programme of performance and theatrical workshops connect with the **PSHE Curriculum** at various stages so they represent a useful tool for teachers to reinforce or introduce into the classroom new content that will acquire a real status through theatre. Furthermore, it will help schools to achieve the **Artsmark** and to engage effectively with the recommendations of the Henley Review.

| RANGE OF TOPICS | CURRICULUM PSHE CORE | KEY STAGE |
|-------------------------------------|---|----------------|
| Bullying and Cyber-Bullying | Relationships / Living in the wider world | K2, K3, K4 |
| Internet Safety and Social Networks | Living in the wider world | K2, K3, K4 |
| Smoking, Drugs and Alcohol | Health and well-being / Living in the wider world | K2, K3, K4 |
| Sexual Health and Teenage Pregnancy | Health and well-being / Relationships | K2, K3, K4 |
| School for Parents | | K1, K2, K3, K4 |

OUTCOMES:

- To reflect on the roles we play in life and the impact of our choices on ourselves as well as others
- To develop critical thinking and improve decision-making
- To promote self-awareness, improve emotional health and well-being



ACTING NOW
SOCIAL THEATRE COMPANY

Acting Now is a Cambridge-based theatre company whose vision is to **transform lives through theatre**. We put social, political and civic causes at the forefront of our work and devise creative drama projects that breathe life into the important social challenges facing participants and audiences alike.

Acting Now has a good local and international reputation. Strong partnerships have been forged with a large number of community organisations (such as **Rowan, Maggie's and Wintercomfort**) so as to support their service users in their future endeavours.

At Acting Now we believe **theatre is a platform that empowers young people** in their journey to adulthood. We develop their potential, so they can make better and more informed life choices.

Help us to create positive change in the classroom and the community at large.

Get in touch!

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CHANGEMAKERS

Participatory theatre as a model for positive change in schools



www.actingnow.co.uk

What is Changemakers?

Aimed at young people, Changemakers is a programme of performance and theatrical workshops intended to help students to drive change in their lives.

By using drama and Forum Theatre techniques, we offer fun and effective tools that encourage young people to explore day-to-day issues, tackle social preconceptions, develop new ideas and foster positive change.

Young people can find it challenging to talk openly about issues such as relationships, puberty, self-esteem or the problems they face growing up.

Our range of workshops is designed to enable students to open up and express themselves.

Through theatre we create safe, relaxed spaces where opportunities are available for participation and enjoyment, so that students can engage actively and increase their confidence, fully participating in discussions and ultimately making more informed choices.

Changemakers proposes a unique space for active learning that in turn serves as a rehearsal for life.



Workshop Activities

We offer two different workshops with a choice of any four topics.

1. FORUM THEATRE PERFORMANCE

- › 2hr-session
- › Topic to be chosen from list

Forum Theatre is a fully interactive performance followed by a safe group dynamic in which the young people in the audience will have the chance to get up on stage and solve some of the problems the characters face. The show triggers a frank discussion with particular emphasis on the emotions involved on both sides of a dilemma.

Three stages:

1. Professional actors dramatise a conflict related to the selected topic (Bullying, Sexual Health and Teenage Pregnancy, etc.)

2. Students work out solutions to the characters' problems through role play. Rather than simply offering suggestions from the sidelines, they will need to come up on stage to play out each solution for themselves.

3. Open discussion. The audience is prompted to analyse and to discuss the issues affecting their lives and their community.

2. CHANGEMAKERS WORKSHOP

- › 1hr-session
- › Topic to be chosen from list

This workshop helps students develop their critical thinking around a variety of K3 and K4 topics. By using Theatre of the Oppressed games and activities, we encourage participants to articulate their own experiences, go beyond their limits and understand life from different perspectives.

Theatre techniques:

- Theatre of the Oppressed and Image Theatre games
- Self-discovery games
- Participatory learning and action exercises



Topics

1. Bullying and Cyber-bullying

- › Peer pressure
- › Bullying and abuse
- › Communication with parents and teachers

2. Internet safety and Social Networks

- › Dangers of sexting and social media
- › Relationships online
- › Risky behaviour

3. Smoking, Drugs and Alcohol

- › Dependence and addiction
- › Peer pressure
- › Assertiveness
- › Decisions on substance ab/use

4. Sexual Health and Teenage Pregnancy

- › Sexual risks
- › Abusive relationships
- › Transmitted infections
- › Unintended pregnancy

Want to go further? **OTHER PROJECTS:**

CHANGEMAKERS - Full programme

- › 8 x 2hr-session
- › Suitable for after school time

Changemakers is a project where students themselves take ownership of the process of creating their very own Theatre Forum pieces and take the lead in the discussion of the whole experience.

The theatre techniques employed help the students identify those issues they want to explore more deeply.

SCHOOL FOR PARENTS

Parents also play a crucial role in helping to shape young people's experience of adolescence, which can be a difficult period of adjustment. Their child is going through rapid physical changes as well as emotional ups and downs. Peer influences and social media are also worrying, as they can cause interference with child relationships and stress.

Forum Theatre performances or workshops based on the same topics that were developed for the children can be adapted to suit parents with the aim of supporting them in:

- Conflict resolution in the education of children
- How to educate children in the sensible use of new technologies
- Talking to children about difficult issues.