

BROKEN



EMPOWERED BY CONSTABLE CARE



Performance Type

Four actor forum theatre play



Topics Addressed

Mental health in young people



Duration

60-90 minutes, including active interventions after scripted play



Audience Size

Maximum 60 students

About Forum Theatre

This action-oriented education program uses interactive forum techniques to transform students from passive spectators into active participants, or 'spect-actors'. Students are encouraged to role play as they explore real-world scenarios and develop strategies for dealing with social issues and health pressures that affect their day to day lives.

The program fosters resilience and encourages youth to speak up and confidently enter into conversation about issues that concern them.

Years 7 to 12

Warning: contains strong language and themes of depression and mental illness

Synopsis

Sam is finishing school - he's popular, sporty, and smart. However, after a relationship break up, his world starts to slowly unravel. He suffers self-doubt and a crumbling self-esteem in silence. His friends and single parent, who can't see the suffering, feel increasing frustration with Sam's seeming disinterest and apathy. By the end, Sam feels isolated and hopeless with no light at the end of the tunnel. He just feels broken.

Broken is an exploration of one young person's journey into depression and mental illness. Through active Forum Theatre, young people are able to explore and try out alternative behaviours to help turn around Sam's descent into mental illness. They can openly discuss the early signs of mental illness, how to recognise it in peers and family, destigmatise it, and encourage help seeking behaviours.

Concepts Addressed

- Combatting depression with holistic community approaches
- Mental illness does not discriminate and can happen to anyone
- Duty of care to those close to us and in our communities
- The nature of the effects of mental illness, and the individual experience different people have
- Encouragement of help seeking behaviours, including talking to trusted adults and using school resources
- The disadvantages of 'suffering in silence'

Book a Youth Choices performance today!

Arts & Education Coordinator

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