

# CONTROL FREAK

**YOUTH CHOICES**  
EMPOWERED BY CONSTABLE CARE

Years 9 to 12

Warning: contains strong language and themes of relationship violence

## Synopsis

Control Freak engages young people to examine how gender roles and coercive control can affect behaviours within relationships, empowering them to build more equitable communities which foster healthy relationships.

Meet Gemma. She is young and madly in love with her boyfriend Brenn.

It starts out with the small things like checking her texts and suggesting she change the clothes she's wearing before they go out. However, she soon finds herself with more than just an overly loving and passionate boyfriend - she finds herself trapped in an abusive relationship.

## Concepts Addressed

- Understanding coercive control and small scale controlling behaviours
- Potential consequences of rigid gendered stereotypes and toxic masculinity
- Social norms that excuse violence against women
- Development of healthy and equitable relationships
- Role of the bystanders in calling out misogyny and disrespect
- How and where to find help

*Book a Youth Choices performance today!*

Arts & Education Coordinator

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### Performance Type

Four actor forum theatre play



### Topics Addressed

Relationship violence and controlling behaviour



### Duration

60-90 minutes, including active interventions after scripted play



### Audience Size

Maximum 100 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.