

Act Up...

Expanding on themes touched on in Act Up!, or a separate program altogether.

Act Up... Take 2! Is an interactive drama program for 12-17 year olds, designed to provide coping strategies, and specific dialogue to help them deal with any situation they may face.



SKITS



YOUTUBE



IMPROVISATION



BRAINSTORMING



SELF REFLECTION

Our program aims to:

- Challenge negative stereotypes
- Promote safe and healthy relationships with themselves and others
- Encourage critical thinking about the influences on their physical and mental wellbeing
- Develop media savvy



Red Ginger Services

Act Up...



Our program explores:

CHARACTER STRENGTHS

**ACKNOWLEDGING
STRENGTHS IN OTHERS**

SELF REFLECTION

SELF RESPECT

CONSENT

ACHIEVING BALANCE

**DREAMS &
ASPIRATIONS**

AND MANY MORE!

We can tailor a package to suit
your needs and budget!



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Act Up!

Mindful Drama Program

Introduction

Young people of today are subjected to pressures that most of us in previous generations find difficult to comprehend. With the advent of the digital age and the increasing stresses of everyday living, young people are faced with a plethora of situations that many struggle to cope with.

Act Up! is a mindful drama program for 12-17 year olds designed to increase awareness of current areas of concern emerging in Australian youth, and provide coping strategies and specific dialogue to help them deal with any circumstances that they may face.

We aim to challenge negative stereotypes, promote safe and healthy relationships with themselves and others, and encourage them to think critically about the various influences contributing to both their physical and mental wellbeing, including mass media.

Our program:

- Offers a wide range of topics covering mental health, cybersafety and media savvy.
- Helps to stop the cycle of negative misinformation by developing resilience, increasing self-respect and letting them know where they can get support.
- Uses multiple forms of engaging educational strategies, from skits to improvisation, YouTube videos to self-reflection exercises.



Act Up!

Mindful Drama Program

Options:

Act Up!	Act Up.. Take 2!
<ul style="list-style-type: none"> • Social Media • Cybersafety • Sexting • Cyberbullying • Bullying (in person) • Body Image • Drugs & Alcohol • Depression • Anxiety • Positive Mental Health • Resilience • Respectful Relationships 	<ul style="list-style-type: none"> • Character Strengths • Acknowledging Strengths in Others • Acknowledging Our Gifts • Self-Reflection • Self-Respect • Consent • Achieving Balance • Dreams & Aspirations • Goal Setting • Gratitude • Helping Others • Tolerance



Act Up!

Mindful Drama Program

All sessions are flexible and able to be tailored to the specific age and needs of your group, (i.e. topics can be merged, shortened, lengthened or incorporated into a full program depending on the length of the session/s allocated). Extra information and/or activities can be included or excluded as appropriate.

Call us for a quote today!

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