



Red Ginger Services

Act Up!

Mindful Drama Program

Jordina Quain B.A (Perf. Arts); Gr Dip Sex (currently studying)

Youth Program Facilitator



Overview

- Who, What, When Where & Why?
- Act Up! Program Structure
- Results
- Going Forward
- Questions





Who, What, When, Where...

Who – 2 classes of Year 15-17 year olds

What – Pilot Mindful Drama Program

When – 1 hr per week for 9 weeks

Term 2, 2016

Where – Mirrabooka SHS – ESC





... & Why?

Why – To increase the critical thinking capabilities and confidence in dealing with common scenarios faced by young people with special needs, through the provision of dialogue and strategies, in a fun, interactive and engaging way

Learning by doing



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Mindful Drama Program

- Interactive
- Multiple Modalities
 - Skits
 - Improvisation
 - Brainstorming
 - Self-Reflection Activities
 - YouTube videos



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Mindful Drama Program

- Aims
 - Challenge Stereotypes
 - Promote Safe & Healthy Relationships
 - Encourage Critical Thinking about Influences on Wellbeing
 - Develop Media Savvy



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Mindful Drama Program

- Week 1 – Social Media
- Week 2 – Cybersafety
- Week 3 – Sexting
- Week 4 – Cyberbullying
- Week 5 – Bullying (*in person*)
- Week 6 – Drugs & Alcohol
- Week 7 – Positive Mental Health
- Week 8 – Resilience
- Week 9 – Respectful Relationships

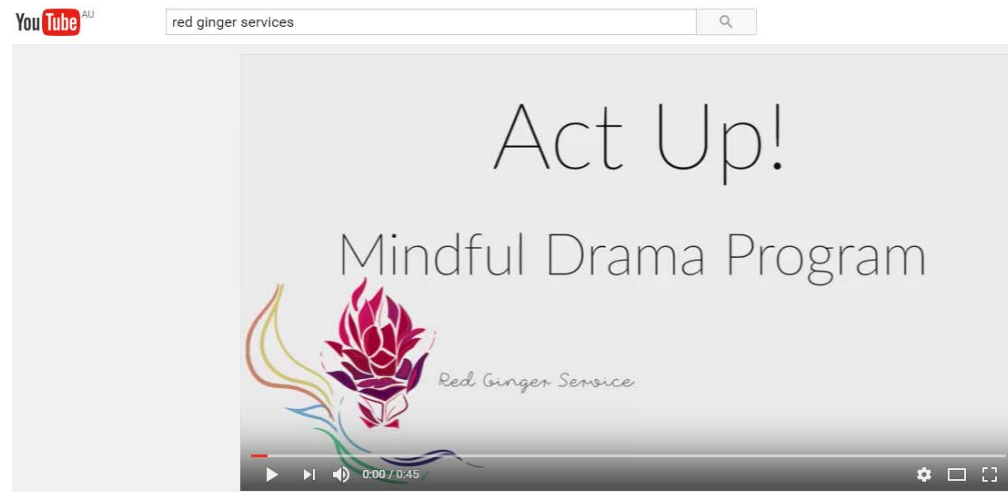




Results

- Act Up! Mindful Drama Program
- YouTube video clip




https://www.youtube.com/watch?v=bLcOfUz_6_4





Results

Pre & Post Program Evaluations

- 83% felt that participating in the program will help them deal with real life situations (compared with 50% pre-program) 
- Google  as a source of questions, (17% to 6%) and both school psych/nurse (33% to 50%) and headspace (17% to 33%) 
- 94% reported feeling that they had learnt something useful

“I liked everything and I want to keep doing it.”



Going Forward

Act Up... Take 2!

- Term 3, 2016
- Strengths Based Program
 - Character Strengths
 - Acknowledging Strengths in Others
 - Acknowledging Our Gifts
 - Self-Reflection
 - Self-Respect
 - Consent
 - Achieving Balance
 - Dreams & Aspirations



Stay Tuned!



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Questions?



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