



## Theatre Production “IT’S NOT PAINLESS”

'It's Not Painless' is a unique way of getting young people to engage with professionals to learn and understand issues around mental health. The whole process is a collaboration between schools, teaching staff, students and professionals. The aim is to learn while working towards a one off experience.

This project is aimed at six form students and is completely interactive with the students being in control of the content. The project is multi layered so all the students can take part and take ownership. The whole project will culminate with a theatre production delivered at a local theatre. The production will be to other schools throughout Kirklees.

The title of the production is a line of the song 'Creature Comforts' by the group Arcade Fire. The song is about teenage mental health especially about 'cutting'. The song will be used at the end of the show but the rest of the show will be the lead up to this point. It will be about a young person from birth to the final act.

The group will have to have workshops about mental health and the effects. They will learn about external influences and causes. They will also learn about coping strategies and where people can access help and support. The information they learn about the subject will then be written into the piece of work they produce. The whole show will have a basic structure to help the students develop the work.

All students can be involved with this project. We will need writers, musicians, singers, dancers, film makers, production staff, marketing, designers, sets, wardrobe, make up, lighting, sound, promotions and direction. All these will be the students it is their show, but they must first learn to have an understanding of mental health and its effects.

Quite a lot of the show can be previously filmed and cut into the live performances, this allows the less confident students to take part in the



production. The show will be promoted to all other schools in Kirklees and will have a target audience of year 12-13. This is a unique opportunity to work within a commercial theatre and with an author and script writer