

Go Figure

EDUCATIONAL THEATRE PROGRAM ON HEALTHY BODY IMAGE



Enter into the lives of two teenage characters 'Robby' and 'Kat' who discover the real life impact of current media techniques and the effect negative body image has on physical and mental health. See how Kat's concern with body weight and Robby's obsession with exercise & spirals into an unforgettable story of torn social relationships.

Developed in response to the Mission Australia 2008 National Youth Survey, one of the top issues of concern for both male and female youth in Australia is body image. Distorted body image can lead to depression, obsessive and self-destructive behaviour as well as many other physical and mental health issues. Reports

indicate that children as young as 10 are concerned about how they look.

Go Figure is about infusing a culture of inquisitive attitudes and global perspectives towards positive body image and healthy lifestyle choice. Through interactive performance workshops and activities this program will:

- Show students how to be active in their choice of food and exercise
- Raise awareness of the impact of negative body perception
- Give students a global perspective of body image around the world
- Teach students to be media literate by using the 'looking glass' resource (included in program delivery)

Delivery

50 minute educational theatre presentation designed with strong interactive elements. Artists require a 6 x 4 m stage area. As a part of this program your school will receive the 'fan mail' and 'looking glass' resource and comprehensive easy-to-use teacher notes.

\$6 per student + GST (price based on minimum of 140 students)

To introduce your school to our Health & Well-being programs any Go Figure booking made in 2010 will receive a 10% discount

Cultural Infusion National Schools Program

helping create Global Unity through the delivery of schools programs, tours, concerts and workshops focusing on Harmony, Diversity, Inclusiveness and Health & Well-being

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