

Class Act theatre INCORPORATED ABN: 31 568 377 909

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WILLAGEE CENTRAL WA 6156

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“REALITY BITES”

Writer: Shirley Van Sanden
Concept: Angelique Malcolm
Music: R & S Kiely
Scenic artist: Robert Cocks
Director: Stephen Lee
Actors: Tamara Woolrych (“Fleta”)
Kathleen Douglas (“Jayla”)
Tim Nolan (“Heath”)

DISCUSSION POINTS FOR STUDENTS

1. Do you know people like Jayla Jack and Fleta?
2. Do you think that people who put other people down are powerful or weak?
3. Do you feel strong/good when you put someone else down?
4. How do you feel when someone else puts you down? What if a friend puts you down?
5. What are you feeling when you put someone down? Are you feeling hurt, angry, helpless?
6. Are you uncomfortable if you like something your friends don't like?
7. Are you afraid of appearing different to your peer group?
8. How do you feel about people who are different to you – if they dress differently, talk differently or have different ideas than you and your friends?
9. Try to think of 5 things about yourself that you like – these could be physical attributes, parts of your personality or particular talents.
10. Try to think of 5 things about yourself you don't like. Are you in a position to change these to something you prefer?
11. Do you do any physical exercise? How do you feel after exercise – tired, energised, hungry, sleepy?
12. Do you not eat particular foods because they are unhealthy, unpalatable, packed with kilo Joules, the wrong brand?
13. Do you believe that eating low kilo Joule, low fat or diet food will make you slimmer?
14. How much TV do you watch each day? What do you watch?
15. Is watching TV a brainless past-time?
16. Aside from homework, how much time each day do you spend at your computer?
17. What is it that you enjoy most about your computer time?
18. Have you ever felt that your life is pointless?
19. Have you ever wanted to be somebody else? Who? Why?
20. What is the worst thing that has ever happened to you?

21. What is the best thing that's ever happened to you?
22. What is your worst nightmare?
23. What is your best dream?
24. Are you a risk taker or do you play things safe? Why? What are the consequences of either?
25. Have you ever just wanted to escape?
26. What would you do to escape? And what are the consequences of this?
27. If you are feeling unhappy do you confide in anyone? Who do you confide in – a friend, a sibling, a parent or teacher?
28. Do you know how to find help if you have a problem?

GENERAL LINKS FOR TEACHERS/STUDENTS

For more information see Youth Affairs Council of Western Australia(YACWA) website
<http://www.yacwa.org.au/index.php?cat=25>

'ybblue's: Is about getting the message out there that it's okay to talk about depression and encourage young people and their family and friends to get help when it's needed.

Beyond Blue: beyondblue is a national, independent, not-for-profit organisation working to address issues associated with depression, anxiety and related substance misuse disorders in Australia.

Kids Help Line - 1800 551 800: Kids Help Line is Australia's only free, confidential and anonymous, 24 hour telephone and online counselling service specifically for young people aged between 5 and 18.

Lifeline - 13 11 14: For more than 40 years, Lifeline has provided Australians with access to 24 hr telephone counselling.

Mind Matters for Secondary Schools: Mind Matters is a resource to support Australian Secondary Schools in promoting and protecting the mental health of school communities.

Reach Out!: Web-based service that inspires young people to help themselves through tough times. The aim of the service is to improve young people's mental health and well being by providing support information and referrals in a format that appeals to young people.

Somazone: Developed by young people to provide fast, free, anonymous access to quality assured information. Aiming to empower young people to address their physical, emotional and social health needs in a way that is relevant, non-judgemental and anonymous.

Youth Suicide Information Kit: The Ministerial Council for Suicide Prevention developed and launched 'Understanding Youth Suicide - Information Kit' in April of 2005 to promote awareness and to help people recognise suicidal tendencies.

Free 2 Be: Free 2 Be is a site for young gay/lesbian/bi/trans/intersex/questioning people and their families, friends and professionals.

Any other ideas?

Class Act is always looking for suggestions to make their shows better and more effective. Please fill out and return the feedback sheet provided at the show, or ring Angelique Malcolm on (08) 9337 2060 or (mobile) 041 112 2064. Fax: (08) 9337 1945. Or visit our website:

www.classact.com.au