



Social Wellness
Education Through Theatre
in Universities & Colleges
2022-2023

What We Do

At **Mixed Company Theatre**, we create presentations and facilitate workshops of **Forum Theatre**, an interactive approach rooted in Paulo Freire's critical pedagogy and Augusto Boal's Theatre of the Oppressed methodology. It **actively involves students** in developing real-time strategies for dealing with social issues.

Forum Theatre **creates a safe space** for students to experiment, ask questions, take risks, and imagine creative solutions to challenging situations they recognize from their lives.



LIGHTNING FORUM THEATRE PRESENTATIONS

75-90 mins | Max 350-400 students | Virtual & In Person Delivery*

Description

In our Lightning Forum Theatre presentations, **we create a short play for you that depicts a worst case scenario** of your chosen topic. This story will be presented by actors as the "first act" of the presentation. Then, students in the audience will be invited onto the stage to enact an "intervention" where they can either **replace a character** or **suggest a change to the story for the better**. A trained Forum Theatre facilitator (the Joker) prepares and encourages students to replace the actors on the stage and to change the story in a constructive way.

This participatory nature of our presentations allows students the chance to test out their strategies in a safe environment, **finding solutions that are realistic, actionable, and effective for them in combatting challenging situations** they may encounter in their lives.

*In person delivery is only available for schools located in the Greater Toronto Area and subject to health and safety guidelines. Travel costs apply for in person presentations.



LIGHTNING FORUM THEATRE PRESENTATIONS

Presentation A: Sexual Violence + Consent | \$1850 + HST

Themes

- Substance use
- Victim-blaming
- Gender discrimination
- Harassment based on race and sexuality
- Emotional manipulation
- Allyship
- Rape culture
- The importance of ongoing and enthusiastic consent

This presentation will highlight how issues of sexual violence and consent can manifest in unique ways during the ongoing COVID-19 pandemic.

Key Questions Addressed

- What does ongoing, enthusiastic **consent look, feel, and sound like?**
- **When can a person give consent, and when can they not?**
- How can we **identify and intervene in non-consensual situations?**
- How can you **support a peer who has experienced sexual violence?**
- How does sexual violence **intersect with gender, race, and sexuality?**
- What can we do to **mitigate rape culture and victim-blaming** in post-secondary communities?



LIGHTNING FORUM THEATRE PRESENTATIONS

Presentation B: Student Mental Wellbeing | \$1850 + HST

Themes

- Mental health stigma
- Burn-out
- Normalization of poor mental health
- Anxiety
- Depression
- Isolation
- Loneliness
- FOMO
- Mental health allyship

This presentation will highlight how these mental health concerns can be impacted by developments in the ongoing COVID-19 pandemic.

Key Questions Addressed

- How can you **prevent burnout and fatigue** during this time of increased stress and virtual interactions?
- What are the **signs of poor or deteriorating mental wellbeing**?
- How can you **be an ally to peers who seem to be struggling with mental health** during this difficult time?
- What can we do to **reduce stigma around mental wellness** in our post-secondary communities?
- Where can we **go to seek and receive support** from our University/College?



LIGHTNING FORUM THEATRE PRESENTATIONS

Presentation Itinerary

1. We **introduce ourselves** as Mixed Company Theatre and explain our Forum Theatre methodology to the audience along with our protocols.
2. We **perform the scenes** which engage with the chosen social issue.
3. We **prepare students** for "interventions" using vocal and physical exercises.
4. Students **take the virtual stage** - they have the opportunity to say "stop," replace an actor in a role of their choice, and attempt to "intervene" or positively change the scene's outcome.
5. In dialogue with students, we **unpack and discuss** the intentions behind, outcomes of, and challenges evident in each student's intervention.
6. At the end of the presentation, we **reiterate the learning moments** arising from the session and - importantly - ensure key resources and **avenues for support** within the post-secondary community are identified.

FORUM THEATRE WORKSHOPS

Up to 2 hrs | 30 students | \$500 + HST per workshop
Virtual & In Person Delivery*

Description

In this programming option, you choose the topic(s) you want addressed and **one of our experienced facilitators will design a theatre-based workshop** that prompts participants **to identify, engage with, and find actionable solutions to address those challenges**. You can choose from a variety of **social justice, mental health, and equity-related topics**.

Topics we can address include...

- Mental health
- Sexual violence and consent
- Racism
- Harassment
- Homophobia and transphobia
- Cultural biases and assumptions
- Conflict resolution
- And many more!

*In person delivery is only available for schools located in the Greater Toronto Area and subject to health and safety guidelines. Travel costs apply for in person workshops.



FORUM THEATRE WORKSHOPS

Workshop Itinerary

1. We **introduce ourselves** as Mixed Company Theatre and explain our Forum Theatre methodology to the audience along with our virtual protocols.
2. We lead students through **introductory games designed to promote participation and communication**, creating a safe space for exploration.
3. **Students participate in exercises** where they physically embody the chosen topic(s).
4. In dialogue with students, we **unpack and discuss** the images created in relation to the principles of Forum Theatre and/or finding solutions to the chosen social justice topic(s).
5. Some **short scenes may be created** deriving from the exercises that prompt students to consider the elements of oppression and how they might combat them.
6. At the end of the workshop, we **reiterate the learning moments** arising from the session and - importantly - ensure key resources and **avenues for support** within the post-secondary community are identified.

LOOKING TO COVER A DIFFERENT TOPIC?

Write to us and we can talk about customizing a presentation or workshop for you!

communications@mixedcompanytheatre.com

WHAT PEOPLE ARE SAYING ABOUT OUR PROGRAMS

"The online Consent Matters presentation was very dynamic and students were really engaged. I was amazed at how their actors used Zoom to create such realistic scenarios, and how they worked so supportively with our students to act out safe and respectful solutions to the sexual violence scenarios they presented. Students even contacted Diversity Services after to tell us how much they loved it!"

- Post-Secondary Staff Member

About one of our sexual violence + consent Lightning Forum Theatre presentations.

BOOKING INFORMATION

Mixed Company Theatre brings our interactive and educational programming to schools year-round.

We can deliver these programs **virtually** or **in person**, depending on health and safety guidelines.

With questions or to book, write to:
communications@mixedcompanytheatre.com

Mixed Company Theatre

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mixedcompanytheatre.com



Mixed Company Theatre

educate • engage • empower

MCT has been producing innovative, socially-relevant theatre as a tool for positive change since 1983. Today we are known for our commitment to inspiring communities and schools across Ontario to create social change through theatrical practice.

Our Ongoing Supporters



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