



# DRAMA

The term, 'drama' comes from a Greek word meaning "action": "to do" or "to act". Drama is often a powerful way to raise awareness of sensitive social issues in a non-threatening way.

**Spectacle Theatre** worked with families, adults, children and teachers to co-produce a piece of interactive theatre based upon the experiences of young people to explore cyber-bullying and online sexual harassment with families, adult groups, children and teachers. **Special** is based around two central characters: one an eleven year old girl who is a witness to a bullying incident, the other a fifty year old man with special needs, whose mother is in hospital so he is being cared for by his sister.

During anti-bullying week, and inspired by the Children's Commissioner for Wales' **'Sam's Story: Listening to children's experiences of bullying in Wales'**, children planned and performed a role play drama. Each role play demonstrated some of the key behaviours children had discussed to explore bullying behaviours. Find out more about what a rights-respecting whole school approach to healthy relationships looks like using Sam's Story [here](#).



Watch the trailer for **My Normal Life**, a drama co-created with young people which looks at violence against women and girls (VAWG), **female genital mutilation (FGM)** and the struggle to find your own identity.



For more ideas and information on working with theatre and the arts to prevent violence through the promotion of healthy relationships, see Tender's **Bridge Project**. Tender is a charity that works with thousands of young people every year to help prevent and address abusive relationships.

To find out more about drama and theatre for young people visit the **National Youth Theatre website**

For more information on **sex, relationships and disability**, see [www.scope.org.uk](http://www.scope.org.uk)

Read further advice and support on **cyber-sexual harassment**.

# MOVEMENT AND DANCE



From public flash mobs to live theatre, dance activism can play a powerful role in communicating experiences that are sometimes difficult to put into words.

"Dancing insists we take up space, and though it has no set direction, we go there together. Dance is dangerous, joyous, sexual, holy, disruptive, and contagious and it breaks the rules. It can happen anywhere, at anytime, with anyone and everyone, and it's free. Dance joins us and pushes us to go further and that is why it's at the center of **One Billion Rising**" – Eve Ensler.

One Billion Rising is one of the biggest mass actions to end violence against women. On 14 February each year people across the world have come together **"to express their outrage, strike, dance, and RISE in defiance of the injustices women suffer, demanding an end at last to violence against women"**. It also has a growing number of **young people** taking part.

Over 30 children (age 8-11) created a dance to show their families and community how they are using movement to explore body image pressures and what a positive relationship with their own bodies and the bodies of others looks and feels like. Find out more about the **EveryBODY Matters** project [here](#).



See the annual **Big Dance** festival, where people of all ages learn a piece of original choreography, make it their own, then perform it wherever they are as part of a worldwide performance day.

See winning young streetdance groups perform at **Pride Cymru**.



Find out more and take part in the next **One Billion Rising!** View the multiple versions of the dance **Break the Chain** from different countries as communities make it their own.

For more on the power of dance, see **Youth Dance Wales and Community Dance**.