

My Voice London Learning Through Drama FAQs

What is Learning Through Drama?

1 Learning Through Drama uses drama techniques and the skills of trained actors/facilitators to develop the awareness, understanding and skills of young people. It forms part of a range of support that the charity offers for young people individually and in groups.

2 Our facilitators use a collection of games and exercises. Our programmes are inspired and informed by the work of Equal Voice/Pop-Up Theatre.

3 Learning Through Drama can be particularly effective in enabling participants to explore feelings, behaviour and strategies that promote personal effectiveness. The facilitators are all trained in the work, and have acting experience. They are skilled in working with young people, creating a safe environment and promoting self-esteem.

What are its aims?

4 My Voice London Learning Through Drama programmes seek to benefit children and young people and their environments by:

- Encouraging self-expression and respect for others
- Giving children and young people more responsibility for their behaviour
- Exploring and discussing conflict
- Creating a happier, safer learning ethos
- Developing the skills needed for learning and life including those skills needed to participate in education, training and employment

What are the objectives of Learning Through Drama programmes?

5 Each session or programme will have its own objectives, agreed with the learning provider. These can include:

- To create a safe environment
- To foster a group identity
- Team building/group working
- Interview skills
- To develop listening skills
- To boost self-esteem and confidence
- To develop inter-personal skills
- To identify different emotions
- To find ways of resolving conflicts
- To look at different ways of reacting to provocation

What do you mean by a safe environment?

6 The programme aims to create a safe, inclusive group. A safe group is one in which people can express themselves and contribute without fear of intimidation and humiliation, and where everyone has a voice that will be heard.

What does a session look like?

7 The following principles give a clear structure and thus provide a consistent, safe environment for the group to work and feel secure in.

- The group are reminded of safety rules at the beginning of each session.
- Each session starts in a circle - this communicates a sense of order and habit, a clear sign of beginning.
- Ground rules are established, such as ways of coming into and out of role plays or playing drama games. Other such formalities include letting everyone into the circle, audience/performer rules and positive feedback.
- Space is left at the end for debriefing - to discuss issues which have arisen, or simply to round things off with a fun activity. The formality of closing is an important one, even if what is being done is not directly relevant to the session.

You can see our facilitators at work on a DVD available from My Voice London on our Learning Through Drama website pages (www.myvoicelondon.org.uk).

Who do I contact to discuss Learning Through Drama programmes that may suit my learners?

8 For further information about accessing My Voice London Learning Through Drama programmes, please contact Terri Trinder on terri@myvoicelondon.org.uk or 020 8545 2131.