

Girls & Gangs

Union Street Media Arts

Session 5
Drama Workshop
Journey through Life

Objectives

- To develop a key understanding of the key issue and concerns facing young girls and young women affected by and involved in gangs and gangs violence.
- To enhance an increased self-awareness, self-esteem and make healthier choices in potentially harmful or damaging situations.

1st Activity: Part One

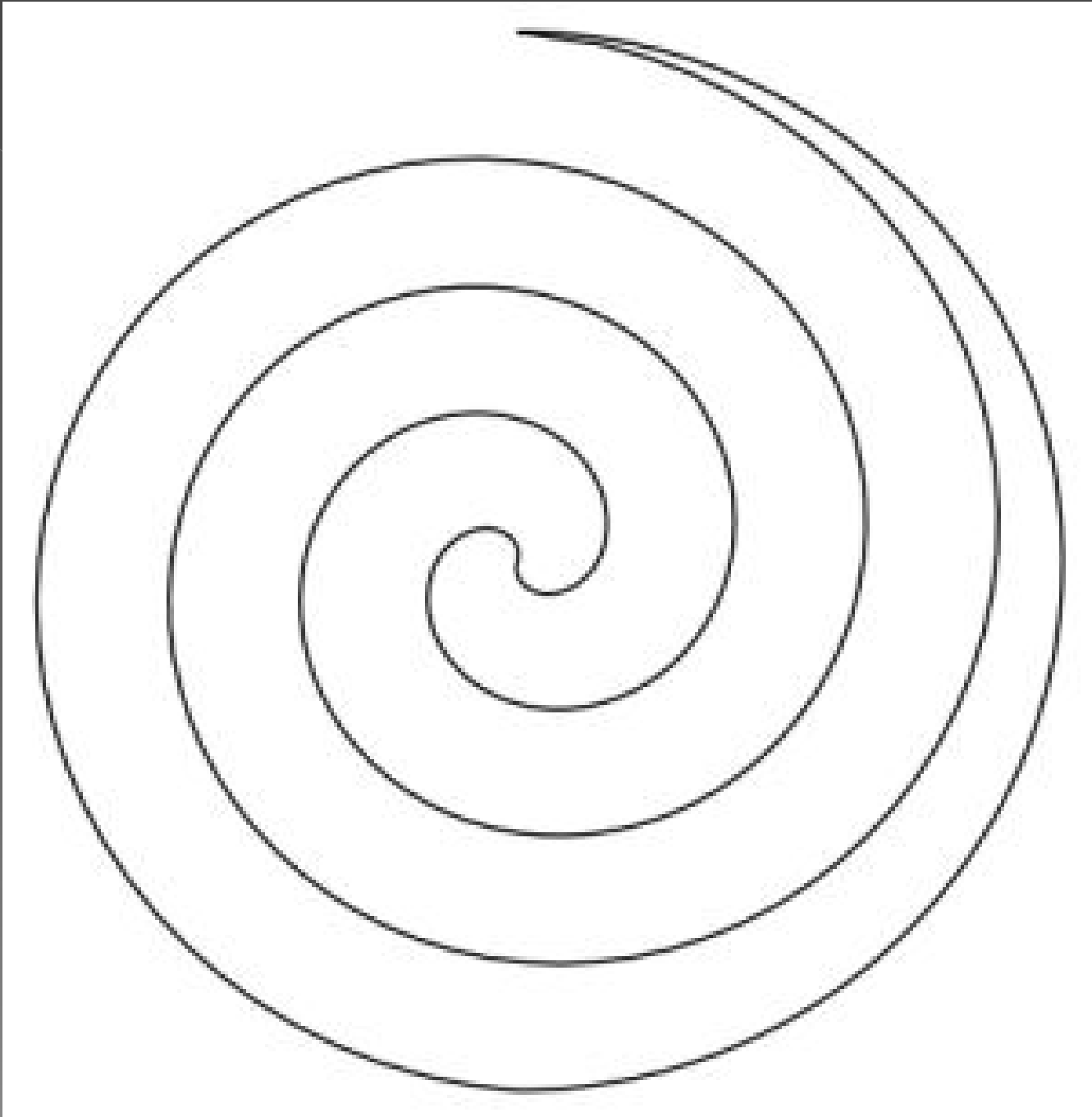
- ◉ Warm-up exercise: *Life Spiral*. Duration: 15/20 minutes. Young people must be completely silent throughout the exercise.
- ◉ The aim of the exercise to encourage the young people to think about their personal journey through life, past, present and future. It is a relaxation activity and will therefore create calm and focus at the start of the session.
- ◉ Instructions: You will need some music, it must be tranquil and calming, so that the facilitator can talk over it. Ask all young people to lay down on the floor, scattering as much as possible in the space. Once they are in position they must all close their eyes and be very still. The facilitator will then ask them to think about the following...

1st Activity P1 continued...

- Begin to think about what you were doing yesterday...(1 min)
- Think about what you were doing last week...(1 min)
- Think about what you were doing last month...(1 min)
- Now think about what you were doing last year...(1 min)
- Think about what you were doing five years ago...(1 min)
- Think about what you would have been doing ten years ago...(1 min)
- Think about what you would have been doing as a little baby...(1 min)
- And finally, imagine yourself in your mother's womb, what you would be thinking and feeling...(1 min)

1st Activity: Part Two

- Provide all the young people with a piece of A4 paper, pens, felt pens, etc. Instruct them all to draw a *Life Spiral*. Illustrate an example on the board of what they must do.
- They need to mark their *Life Spiral* with significant moments/times in their lives so far. The start /centre of the spiral represents their birth and the end represents where they are today.
- The young people need to think about influences in their lives and certain events, people, and/or situations that has led them to where they are in their lives at present.



2nd Activity

- Reflect on the first exercise by discussing what the young people may have discovered about their own journey through life, ask if anyone would like to present their Life Spiral and talk about any significant moments/events. Duration: 5/10 minutes.
- The facilitator must now link the first part of the session with the topic of girls and gangs. This can be done so by discussing how every individual has a different walk of path in life, and how some young people are influenced and effected by certain aspects that may lead them to becoming involved in gangs and gang culture. Display the following table...

Life Stage	Main influences	Relationship Positive	Relationship Negative	Consequences Positive	Consequences Negative
2 years Baby	Home Mum Dad Brothers Sisters Close Family Close Family Friends Baby TV	Love Caring Complimenting Encouraging Feeding Clothing Warmth amusement	Angry Selfish Uncaring Lazy Unloving Abusive verbally	Happy Healthy Growing Confident	Delayed Unhappy Uneasy Scared Low confidence
6 years Child	Home Mum Dad Brothers Sisters wider Family wider Family Friends Children's TV Advertisements School School Friends	Love Caring Complimenting Encouraging Feeding Clothing Warmth Amusement Trust Independence Identity Personality confidence	Angry Selfish Uncaring Lazy Unloving Abusive verbally Violence Greed Jealousy Hungry	Happy Healthy Growing Confident Good communication Reading Writing Hygiene Interests	Unhappy Uneasy Scared Low confidence Won't try things Can't read Can't write Small vocabulary Violent

Life Stage	Main influences	Relationship Positive	Relationship Negative	Consequences Positive	Consequences Negative
13 Young Person	School School Friends Television Music Movies Mobile phones Social media Friends Boyfriends Magazines Fashion Body change Independence	Love Caring Complimenting Encouraging Feeding Clothing Warmth Amusement Trust Independence Identity Personality Confidence Individuality Ambition Aspirations High self-esteem communication	Angry Selfish Uncaring Lazy Unloving Abusive verbally Violence Greed Jealousy Hungry clothing	Happy Healthy Growing Confident Good communication Reading Writing Hygiene Interests Independent Qualifications School teams Friends	Unhappy Uneasy Scared Low confidence Won't try things Can't read Can't write Small vocabulary Violence Crime Low self-esteem Low self -image Bully Loner (False Self Image?)

2nd Activity continued...

- ◉ As a whole group discuss what the young people discovered from the table. The young people can feed back their thoughts and we could then have a more in-depth conversation in regards to self-esteem, self-confidence and confusion as a female in a male world etc.
- ◉ Also, we can move this further by addressing how the influence of gangs alter/change your development and future aspirations.

3rd Activity

- Small group exercise: Devise a performance piece in groups of 4/5. Duration: 20 minutes.
- The aim of the exercise is to allow the young people to illustrate what they have learnt/gained from the previous exercises through the use of drama.
- Instructions: Ask the young people to create a short scene showing how a young female may be influenced/affected by gangs and gang violence. As there is such a variety of areas that have been discussed, provide each group with a focal point and area that they must use for their performance. Here are the following influential areas and titles for each group...

- ◉ Relationships? Boyfriends? Abusive? Sex and violence? Teenage pregnancy?
- ◉ Friends? Peer pressure? Girl power? Reputation?
- ◉ Family? Broken families? Money worries?
- ◉ Community? Status? Loyalty and protection? Running away from trouble?

Reflection

- Allow all groups to present their performance to the rest of the group. Encourage audience members to provide feedback on the scenes that they watch; focusing more on the messages being portrayed as well as the effective use of drama skills.
- Conclude the session by refocusing the group on the key issues raised during the session; that we all have '*choices*' to make in our personal journey through life, however for some young people their '*choices*' feel limited as a result of the outer influences and pressures that they face.

"It's so easy for a kid to join a gang, to do drugs...we should make it that easy to be involved in football and academics."

- Snoop Dogg

"A team is where a boy can prove his courage on his own. A gang is where a coward goes to hide."

- Mickey Mantle