

Theatre reminds teens it's okay to ask for help

BY FREYJA
POSTLETHWAITE
fpostlethwaite@
nemedi.com.au

MENTAL health and sub-
e abuse were key topics
ed by a production per-
ed for teenage students
Borinya this week.

tors from the Some-
s Daughter Theatre
pany visited the school
plore issues including
al health, anxiety, digital
ing, homelessness and
and alcohol abuse.

e production was en-
ed by a number of group
shops to revisit topics
ed by cast members.

e visit was part of a pro-
unded through the School
sed Youth Service (SFYS)
North East Support and
n for Youth (NESAY).

udent Skye Beavis said
roduction was an excit-
way to learn as it was
engaging than a usual
room setting, talking
t mental health issues
social media.

learned people can have
kind of problems and
don't need to be scared
k for help," she said.

was also really helpful for



ENGAGING LEARNING: Borinya students (front, from left) Sonja Little, Skye Beavis, James Ironside; (middle) Riley Hutchins, Katelyn Brokling, Kiara Smith, Tyson Barnes, Abbey Maffescioni, Matt Stone, Nathan Kent, Brandon Cozier, Keely McIlrath, Lucy McKay-Stripp; (back) Luke Wallace and Xavier Corker got their creative juices flowing after watching a production by the Somebody's Daughter Theatre Company this week.

PHOTO: Freyja Postlethwaite

us to recognise there are others
who can be going through the
same things we are."

Borinya wellbeing worker
Alice Gales said the visit was
intended to help students con-
nect with other youth from
similar backgrounds to raise

awareness around key issues.

"Their engagement and
participation was really fan-
tastic," she said.

"I think seeing other
young people perform and
being able to relate to them
in similar issues was really

beneficial for the students,
they really connected there
and haven't felt as alone in
what they might be facing.

"The idea of the thea-
tre approach was to engage
them with something a bit
different and take them a bit

out of their comfort zones."

Ms Gales said she hoped
there would be further oppor-
tunities in the future with the
SFYS to follow on with the
issues covered during the pro-
duction and target the main
challenges students may face.