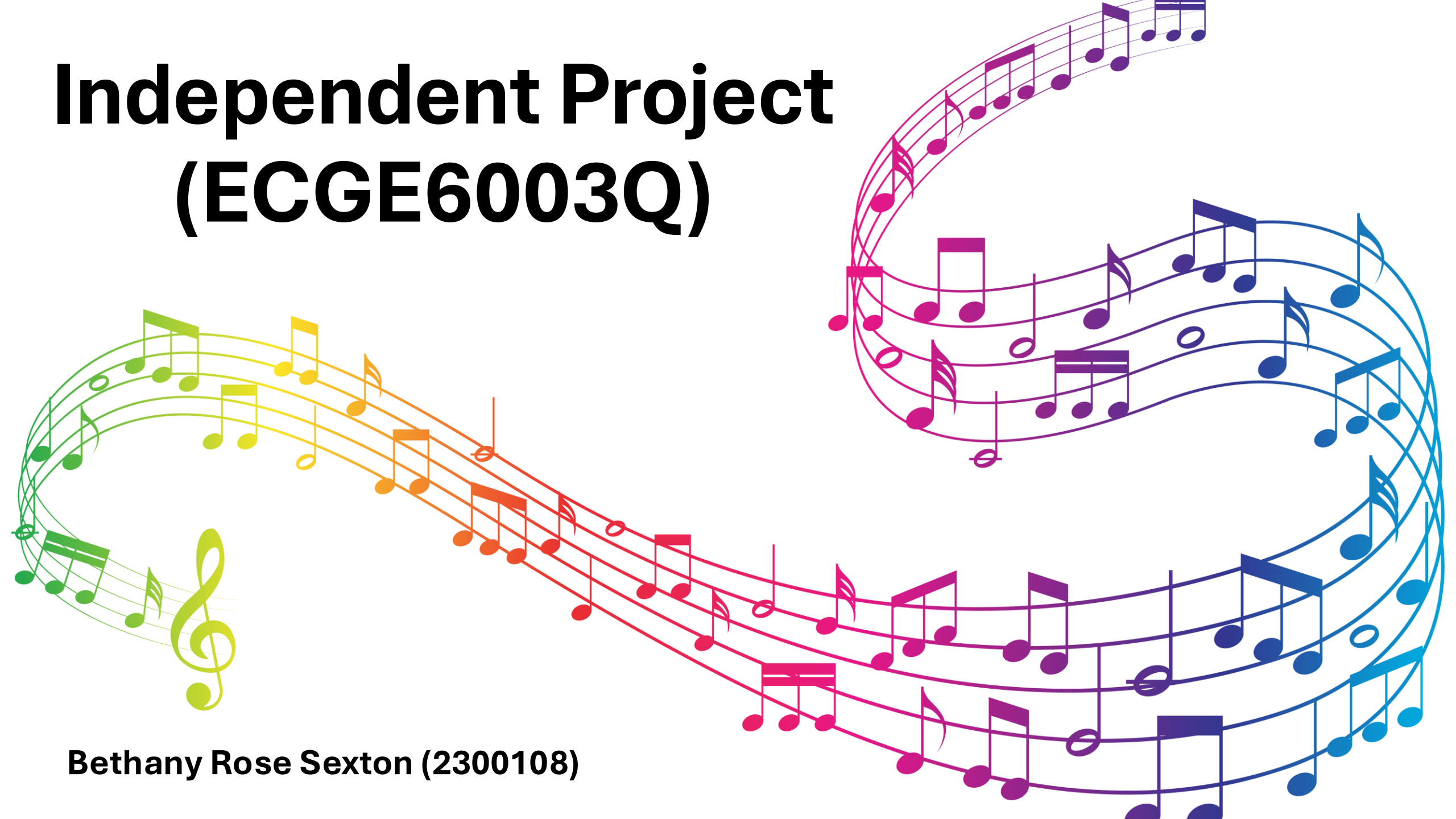


Independent Project (ECGE6003Q)



Bethany Rose Sexton (2300108)

How does young people's involvement in theatre effectively promote the use and empowerment of young people's voices?

- Background in expressive arts
- Passionate about how the arts are used with young people.
- What are the benefits of using theatre and theatre practices with young people?
- How does theatre help young people find their voice and be comfortable with it?
- How can theatre and youth work collaborate for the benefit of young people?
- Theatre is a creative physical and emotional outlet, so how can this be used with young people?

Research Question:

"How does young people's involvement in theatre effectively promote the use and empowerment of young people's voices?"

- To find out how theatre encourages and empowers young people to use their voice.
- How does involvement in accessible, inclusive, and participative theatre holistically benefit young people's lives?

Approach to Research:



- **Two qualitative questionnaires – asking open-ended questions to encourage answers of lived experience:**
 - **One for university students studying theatre based subjects**
 - **One for practitioners who facilitate youth theatre of any kind**

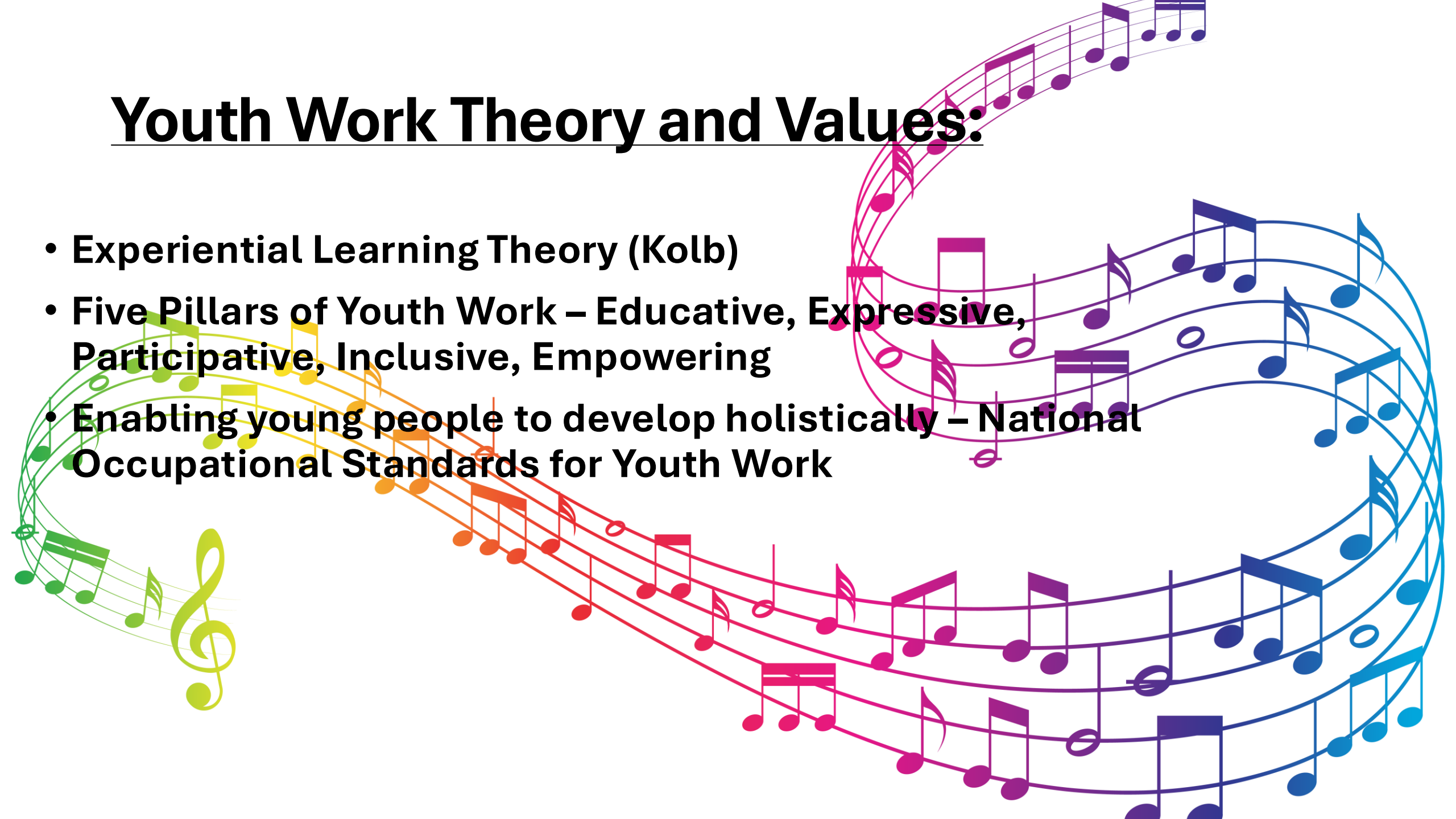
Key Findings:

- Empowerment
- Emotional Intelligence & Vulnerability
- Skills Development
- Barriers – e.g. funding, expense, location



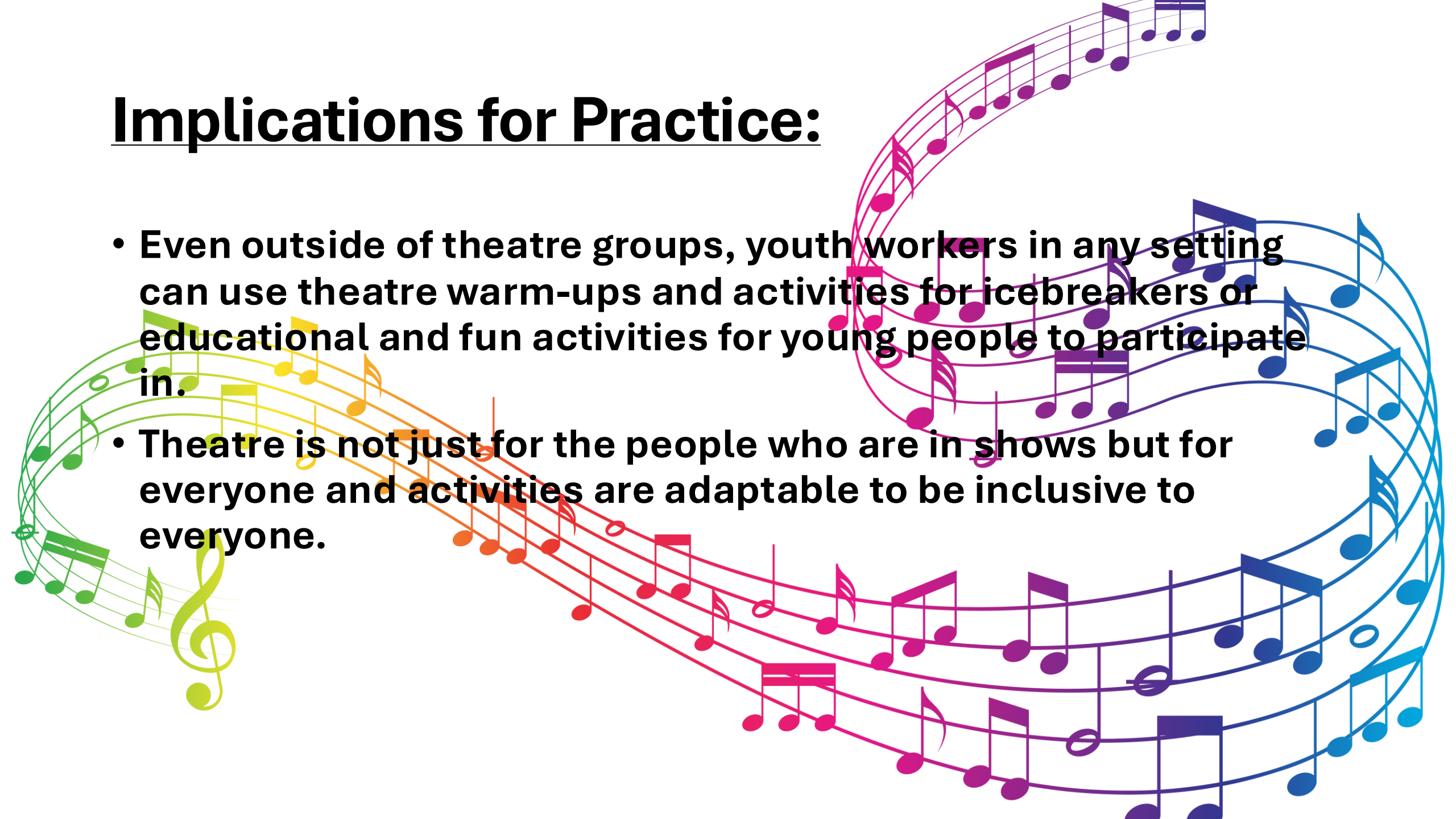
Youth Work Theory and Values:

- **Experiential Learning Theory (Kolb)**
- **Five Pillars of Youth Work – Educational, Expressive, Participative, Inclusive, Empowering**
- **Enabling young people to develop holistically – National Occupational Standards for Youth Work**



Implications for Practice:

- **Even outside of theatre groups, youth workers in any setting can use theatre warm-ups and activities for icebreakers or educational and fun activities for young people to participate in.**
- **Theatre is not just for the people who are in shows but for everyone and activities are adaptable to be inclusive to everyone.**



Recommendations:

- To begin, youth clubs and schools could start introducing new, fun and exciting theatre games to their young people.
- Start introducing more theatre based music in youth clubs and schools.
- Start introducing age-appropriate plays and musicals for the young people to enjoy.
- This will begin aiding skills development and confidence building.

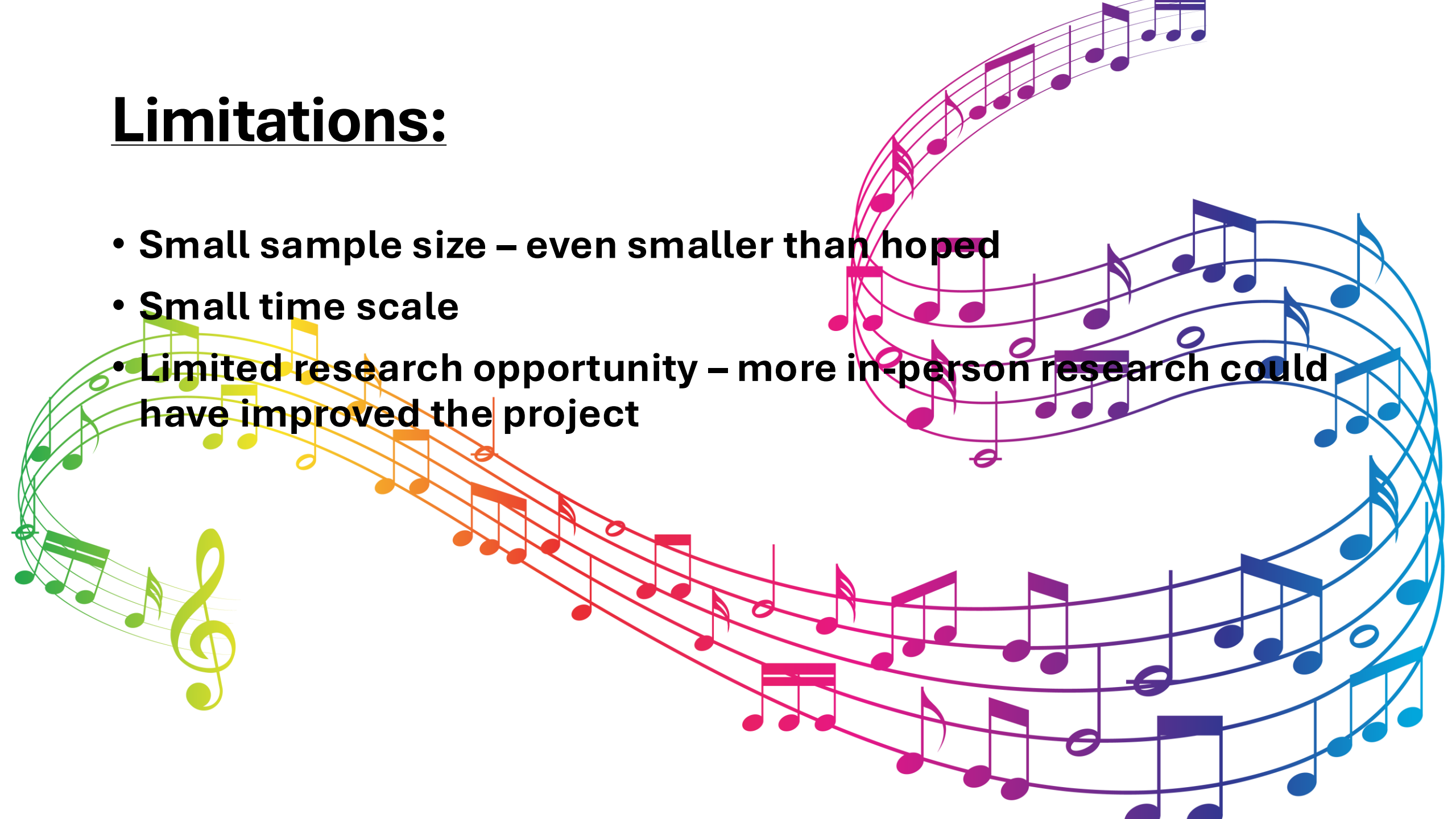
Further Research:

- **Research more funding opportunities for the creative subjects like theatre and music.**
- **Research more of the physical, emotional, and mental health benefits for young people from all backgrounds and abilities.**
- **Research how the emotional vulnerability helps the development of young people and their voices.**



Limitations:

- **Small sample size – even smaller than hoped**
- **Small time scale**
- **Limited research opportunity – more in-person research could have improved the project**



What is the impact?

- Empower young people in their identities and individuality.
- Encourage young people to find their voice and to enable them to advocate for themselves.
- Empower skills development – problem solving and teamwork, etc
- Encourage self-confidence, self-belief, and high self-esteem
- Beneficial for young people's mental health and well-being



Thank you for listening!



Reference List:

CLD Standards Council Scotland. (2019). *National Occupational Standards for Youth Work*. CLD Standards Council Scotland.

Kolb, D. (1984). *Experiential Learning Theory*. Prentice Hall.

Youth Work in Wales Review Group. (2022 pg.5-6). *Youth Work in Wales: Principles and Purposes*. Education Workforce Council.

