

DRAMA PLAY

Introduction

In this part we are presenting Drama play as a tool, which will be used in sexual education for people with learning difficulties. This tool can help you to talk about the problems and questions you will receive working with your clients by performing them in easy and simple way. Drama play will help you to involve all clients independently from their disabilities. Everyone have opportunity to be an actor and to experience the problem and solutions. Also they will have opportunity to suggest their own solutions for the problems.

We made the list of Drama play steps (how to make drama play😊) and possible themes with the suggested questions and problematic situations to use.

INSTRUCTIONS:

1. Decide upon an idea, theme or problem to address
2. Get each person in the group to decide on what their character or role should be
3. Using the idea, theme or problem you have chosen create a script together as a group
4. Practice acting out the script
5. Have a discussion about how each person felt
6. Provide feedback to the group and summarize the key learning points

POSSIBLE THEMES:

1. Personal hygiene;
2. First contact/ Getting attention/ First date (could be used Ice breaking activities);
3. Friendship and relationship;
4. Social behaviour with each other (compliments)
5. Saying „No“/ boundaries
6. Emotions / feelings;
7. Internet communication (pluses and minuses)
8. Values and believes.

SOCIAL BEHAVIOUR WITH EACH OTHER/ COMPLIMENTS

- Verbal; (tool 9) 8 page.
- Nonverbal;
- What's good and what's wrong? (talking about behaviour);
- How should you treat other people?

- When/ how can you talk about your private body parts with specialists, friends, parents;
- What is nice behaviour?
- How to say goodbye (hallo and etc. to your boyfriend and girlfriend in the public space).

PERSONAL HYGIENE

- What do you do in the morning?
- What's good and what's wrong;
- What should you do at the end of the day?
- During the day (after toilet, sport, before meal...);
- How we can help to the friend, if he smells bad?

FRIENDSHIP AND RELATIONSHIP

- Is it good to gossip about your friends?
- What you can do with your friends?
- Do you need to ignore other friends, if you have boyfriend or girlfriend?
- When you can hug people?
- How to react if your girlfriend or boyfriend dancing with other girl or boy?
- How to behave with people who are not your friends or you don't like?

SAYING "NO" / BOUNDARIES

- How to react and behave when other person touches your body?
- How to react or behave when your friend hits you? (abuse)
- How can you spend time with your boyfriend/ girlfriend?
- How to say „No“, if other person wants to kiss you, but you don't?
- Good touch/ bad touch;
- How to behave when someone cross your boundaries?
- How to know when someone want, or don't want to do something?

INTERNET COMMUNICATION (PLUSES AND MINUSES)

- What are the threats in the internet and how to avoid them or react right to them?
- What are the signals that you can't trust a person you are chatting with?
- Online dating is it good or bad?

FIRST CONTACT/ GETTING ATTENTION/ FIRST DATE

- How to find girlfriend or boyfriend?
- How to invite person to the first date? (Cinema, coffee...)
- How to react if other person doesn't want to go to the date with you?

- What can you do, to get attention from the person you want?
- What is the proper flirting?
- How to meet people if you are very shy? (icebreaking activities)
- How to show, that you like a girl or a boy?
- How to prepare for the first date?

FEELINGS / EMOTIONS

- How do you feel when another person hugs you?
- Act good feeling;
- What kind of feeling boys can show to girls?
- What you feel when you are in love/ how can you show that?
- Act unpleasant feeling;
- Act main emotions and feelings (sadness, excitement, happiness, fear...)

VALUES AND BELIEVES

- How to react on the different values and believes of another person?
- No discrimination;
- Tell your values and believes to other person, who want to have relationship with you.