

Pure Creative Arts are offering one hour introductory workshops to schools across Merseyside. These will feature our usual team, but at a much reduced cost, and will give you a taster of the work that we do with young people, addressing issues of self esteem, self worth and identity.

For over 9 years, Pure have been supporting young people on topics such as disordered eating, self harm, sex & relationships and identity.

- A third of young people don't feel they can call their home a safe place.
- 80% of young people do not see sex as precious.
- 9% of young people are not satisfied with life and 8% have considered suicide...

*The Attitudes and Behaviours of Youth (ABY), Metadigm group, May 2010.*



### The Five Workshops

**Sex & Relationships:** This workshop looks at **what makes a healthy relationship**, as well as **informing young people on sexual health and choices in that area.**

**Family Situations:** This workshop looks at **the ups and downs of family life**, and **how to deal positively with the circumstances of different home situations.**

**Body Image/ Disordered Eating:** This workshop looks at **how to deal with peer and media pressure to look a certain way**, as well as **informing young people on the dangers of eating disorders and the support available to those who may be struggling with this issue.**

**Identity / Labels:** This workshop looks at **the search for identity and finding out who we are**, as well as **looking at the power of negative labels and how to break away from those to think positively about our futures.**

**Pressure / Stress:** This workshop looks at **the power of pressure and stress on our lives**, as well as getting the group thinking about **how to deal with exams, peer pressure and all the other factors that make up teenage life.**

Each Workshop features a **short performance, interactive exercises** and **teaching/discussion on each theme.** There will also be time for a **question and answer session.**

All workshops have received input from our resident GP and all sessions will be attended by a trained healthcare professional.



"Pure delivered an excellent and very engaging presentation to our year 7&8's. The teams lead a number of workshops that unpacked the issues that were addressed and all the young people got involved. I want to thank and honour the team for the high level of professionalism that they worked to; I have never seen a theatre and education company quite like them."

Mr D Tipping, The Oldershaw School. Project/Art Teacher

**Who are these workshops for?** Year 7-13 pupils.

**What days can you book Pure for an introductory workshop?** Monday-Wednesday.

**How much will this cost?** We are offering a buy one get one free introductory offer until Easter 2013. Your first workshop will be free for up to one class to participate and the second will be £150 where we will work with a whole year group. (We will also require travel expenses for both of the workshops.)

**How do I find out more information?** Email Abigail Nevill on [abi.nevill@purecreativearts.co.uk](mailto:abi.nevill@purecreativearts.co.uk) or ring the Pure offices on 0151 427 6777 and ask for Abigail.

**Requirements for the workshop:** We would need to work in one of your main halls with a projector screen or a white wall to project on to. We would need to access the space 40 minutes before the workshop.

[www.purecreativearts.co.uk](http://www.purecreativearts.co.uk)

**We believe that these sessions will really benefit your students and will be a great introduction to Pure's work in schools.**