



Project ACT Pilot - Information Sheet

Project ACT is an exciting new province-wide initiative between the Ontario Ministry of Health Promotion and Mixed Company Theatre that focuses on:

- Physical Activity
- Healthy Eating
- Substance Misuse Prevention

It's an interactive, theatrical presentation that helps students in grades 6-9 recognize and overcome the blocks, excuses, barriers and deflections that can prevent youth from leading active, healthy lives. We give audience members a chance to go from spectator to spect-actor, when they step into our show and rehearse for reality. We also provide students and their educators with support and resource materials that build on the ideas of the presentation to encourage and facilitate ongoing learning. Project ACT will empower youth to live active, healthy lifestyles.

Components of Pilot Program

Mixed Company Theatre will use Forum Theatre as an interactive opportunity to help students incorporate the Ontario Ministry of Education's Foundations for a Healthy School into their everyday lives. The pilot consists of three parts: sounding; reading and feedback; and pilot presentation.

1) Sounding (3 hours)

At the end of February, a professional director and playwright will travel to eight schools to consult with a group of approximately 30 students at each school. One or two schools from regions throughout Ontario will be drawn to participate in the pilot including:

- North Sudbury, Thunder Bay
- East Ottawa
- Central GTA
- West London, Windsor

2) Reading and Feedback (3 hours)

In March or April, the director and playwright will return to each school with actors to hold a reading and get further feedback from the original groups of students.

3) Pilot Presentation (2.5 hours) and Student Committee Event

In May, each of the eight schools selected to participate in the pilot will play host to 100 of their own students, educators from surrounding areas and community partners for a special pilot presentation. Teachers and members of the student committee will be provided with pre- and post-presentation activities and additional resources related to physical activity, healthy eating and substance misuse. They will have an opportunity to provide feedback on these materials and contribute to the development of a comprehensive study guide that will be part of the full tour, which will launch in Fall 2010.

In preparation for the pilot presentation, our Project ACT team will provide students at each school with tools as well as guidance and contacts to enable a student committee to organize a showcase event. The aim of the event is to further inspire and assist their school and community to lead active, healthy lives. We will monitor students' progress to help make their self-determined event the best that it can be. We will also make students aware of and connect them to local community resources that are available to them on an ongoing basis. Ideally, the student committee event will take place the day of the pilot presentation. If this is not possible, we'll provide an opportunity for a representative of the student committee to give an event update during the pilot presentation.

Page 1 of 2



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About the Company

Founded in 1983, Mixed Company Theatre is Ontario's award-winning premiere forum theatre company, having developed more than 100 Forum Theatre productions for people of all ages and backgrounds, spotlighting issues of diversity, family relationships, peer pressure, sexual and mental health (including STI and HIV under the City of Toronto's Public Health), racism, homelessness, leadership, drug and alcohol, and violence. Mixed Company has toured internationally, facilitating Forum Theatre projects from Helsinki to Kiev, Istanbul to Rio de Janeiro.

About Forum Theatre

Forum Theatre is an interactive style of theatre that stimulates critical thinking and engages the audience in active problem-solving. The audience watches a play that examines an issue of concern and then a trained facilitator, The Joker, encourages members of the audience to replace the actors on stage and make different choices so that the story changes in a positive way. It's an effective way to inform, activate and engage students.

We gratefully acknowledge of the support of the Ontario Ministry of Health Promotion on this project.