



Pure Creative Arts
Schools Pack 2010

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Who we are

Mission Statement:

Pure Creative Arts (Pure) aims to support young people in discovering and creatively developing their individual identity, worth and potential.

We aim to support young people, and communicate to them messages about their image/ identity/ looks through music, theatre and educational workshops, in order to challenge them to think about how they see themselves, their relationships and wider influences on their lives. Where they suffer from low self-esteem and damaged relationships, Pure aims to help them see how positive change can come about.

Pure Creative Arts operates through a team of professional and experienced performers, with extensive experience of working within school environments. Each member of the team is a committed Christian, passionate about seeing the lives of women changed and part of a church in Liverpool. Christian values inform the work of Pure, but the focus is on helping women think for themselves, rather than proselytising.

Pure Creative Arts is multi-faceted, working in several different ways – as a band, a theatre company and as an educational resource. These different styles will be effective and relevant for different individuals.

The Theatre Company performs in schools to introduce themes and ideas, and then its members turn outwards to provide a safe lesson environment where young people can explore issues of identity, self worth and image and where they will feel free and comfortable to talk, as they want.

Pure Creative Arts are available for performing in assemblies, school concerts, and youth events, using music as a relevant way to provoke thought. As an educational resource Pure also provide lessons and workshops dealing with these issues.

Why is the work of *Pure Creative Arts* important?

Body Image

Dr Carla Rice, clinician and professor states that, "Women and girls have their self-esteem undermined every day in our culture".

Various studies show that...

- Body image dissatisfaction is consistently found in girls as young as 9 years old
- Several studies have demonstrated a desire to be thinner in girls as young as 7 years old
- **Only 2% of women globally consider themselves beautiful!**

In a recent study of school girls it was found that 53% of those asked were unhappy with their bodies by the age of 13 and by age 18, 78% were dissatisfied.

A survey conducted by a women's magazine, '*Glamour*', of thirty-three thousand women found that:

- 75% believed they were too fat (even though only 25% were actually medically overweight).
- Most women chose losing ten to fifteen pounds, over success in work or love, as their most desired goal.

Around 5% of young girls in the UK are estimated to have anorexia nervosa. Sadly, only around 60% of anorexics recover and the illness is also one of the most controversial areas in mental health. Bulimia is thought to be two to three times more common than anorexia, but generally is not as physically dangerous. The medical effects of anorexia include hypothermia, hypotension, heart problems, infertility and in some cases death.

Self harm

Self harm is more common than we may think and as many cases in young people go undetected the problem is worse than what the statistics actually state.

- Rates of self harm in the UK are among the highest in Europe.
- The rate of self-harm is highest among those aged 11 – 25 with the average age of onset being 12 years old.
- Research suggests that 1 in 10 young people self-harm at some point during their adolescent years.
- More than 24000 young people in the UK are admitted to hospital each year with injuries they have deliberately inflicted on themselves.
- There is high number of young people who self-harm after being sexually abused.
- **10% of 15-16 years olds have self harmed**

Eating behaviour in junior high school females (2000)

International Journal of Eating Disorders (2001)

The Real Truth About Beauty: A Global Report (2000)

Report of the National inquiry into self-harm among young people. Mental Health Foundation (2006)

Currently there has seen to be an increase in the number of reported cases of self harm, particularly in males and those continuing to self harm into their twenties. Self-harm can occur for a variety of different reasons but research has suggested that a number of common reasons include; low self-esteem, poor body image, bullying, sexual abuse, family breakdown or childhood trauma. Research suggests that those who self harm do so because they feel that it is the only way they know how to deal the situations they are facing.

Sex and Relationships

We live in a society that is pre-occupied with sex, the phrase 'sex-sells' is taken to extremes, we can't even watch a toothpaste ad without some reference to it. It's everywhere we go, on television, in the magazines, we talk about it, read about it, think about it, do it...?

- In the UK, approximately 25% of 15 year olds and 50% of 17 year olds have had sex.
- **Teenage birth rates in the UK are the highest in Western Europe.**
- **One in every ten babies born in England is to a teenage mum.**

Teenagers are having more sex than ever before and as well as underage pregnancies being on the increase, sexually-transmitted diseases have also hit an all-time high.

Since 1995, there has been a sustained increase in the diagnoses of most Sexually Transmitted Diseases (STDs) in the UK, and reports of two of the most common STDs, Gonorrhoea and Chlamydia, have shown massive rises.

- Chlamydia is the most common bacterial sexually transmitted infection in Britain, and is spreading rapidly amongst young people.
- **One in ten 16 to 24 year olds has Chlamydia.**
- In 2004 there were 753,075 reported cases of sexually transmitted diseases in clinics throughout the country.

As part of the Pure Creative Arts team there is a trained nurse who specializes in infectious diseases and can offer advice and information on sexual health and related issues. Pure can therefore offer to take lessons as part of the sex education curriculum. For more information on what the team would offer, please contact the schools team.

Office for National Statistics 2000 as reported in [Teenage Pregnancy and Parenthood: A review of reviews - Briefing summary](#) Health Development Agency February 2003

[Teenage Pregnancy : a Social Exclusion Unit Report](#) June 2006

Where do Pure Creative Arts fit into the Curriculum?

1. PHSE

Pure Creative Arts fit into the following areas for Key Stage 3 and 4:

- **Developing confidence and responsibility and making the most of their abilities**

Among other things the curriculum states that pupils should be taught to respect the differences between people as they develop their own sense of **identity**, and to recognise how others see them and give and receive constructive feedback.

- **Developing a healthy, safer lifestyle**

The curriculum states that pupils need to learn how to keep healthy and what influences **health**, including the media.

They should also be taught the importance of relationships and the consequences of early **sexual activity**, including STI's and how to recognise when **pressure** from others threatens their personal safety and wellbeing, and how to develop effective ways of resisting pressure.

- **Developing good relationships and respecting the differences between people**

Pupils should be taught about the effects of all types of **stereotyping**, prejudice, bullying, racism and discrimination and how to challenge them assertively. Further, they need to recognise that actions have consequences and when and how to make compromises.

They should learn about the role and importance of **marriage** in family relationships and how to recognise that goodwill is essential to positive and constructive relationships.

Pure Creative Arts offer lessons and workshops that cover the above topics, with particular focus on issues surrounding identity, image, and pressure. Lessons also cover leading a healthy lifestyle, by looking at eating disorders and the ways our lifestyles can be unhealthy. This topic can be further explored with the theatre production, 'Mirror Mirror' which looks at one girl's struggle of living with anorexia.

Further to this, Pure Creative Arts can provide lessons on sex education and have another theatre production, 'Hold Me', which delves into the issues and pressure around sex. Both productions are followed up by workshops, in which pupils can voice their opinions and questions and discuss the subject in an informal setting.

2. Religious Education

As Christians, Pure Creative Arts can offer Religious Education lessons which cover the following themes which are outlined in the key stage 3 and 4 syllabus:

- The key ideas of **Christianity** which relate to God, truth, the world, human life and life after death
- What we as Christians believe
- How our belief informs the lives we lead and the decisions we make in life
- The influence of Christianity on the **relationships** we have and how it affects moral choices, including **forgiveness**

The Religious Education syllabus also states that pupils should be provided with certain experiences and opportunities. Pure Creative Arts cover the following sections:

- Allowing pupils to encounter people from different beliefs who express a range of convictions about what they believe
- Encouraging discussion and questions about important issues in religion and Christianity
- Allowing reflection and evaluation of pupils own beliefs
- Using a range of forms of expression (including, art, **music, dance and drama**) to communicate ideas and respond creatively and thoughtfully to the issues being discussed

Educational Resources

Pure Creative Arts provide a number of different aspects of school requirements. We are available for:

- Assemblies
- Lessons
- Workshops
- To set up an Impact Program in your school

We have an education officer who keeps a close eye on the national curriculum as we aim for all our resources to be up to date.

Pure work within the Every Child Matter Policy and have a detailed Child Protection Policy which available on request.

Assembly Performances:

Pure Creative Arts offer the option of performance in assemblies. This usually consists of a performance of one of our tracks, a drama sketch and a short talk (that can be based around a certain topic if desired). Pure Creative Arts are Christians and an element of our faith will usually come into what we talk about in assemblies, however we always establish contact with the appropriate teacher before we do an assembly and will discuss with them to ensure that they are entirely happy with the way and what we will communicate in the assemblies we take.

Lessons:

Pure Creative Arts offer a selection of lessons that can be delivered in PSHE or RE lessons. Lesson topics we currently offer cover the following areas:

- Sex Education
- Identity
- Image
- Pressure
- Forgiveness
- What we believe as Christians

More details of the lessons we provide and the structure they will take is available on request, as the format will change depending on the year group.

Workshops:

Pure Creative Arts offer a selection of practical workshops including dance, drama and singing. The workshops fit well into both the drama and Physical Education curriculum. All the workshops are taught in a professional way, as there is degree level expertise in each of these areas within the team.

Extended Schools

The Extended Schools Policy states that by 2010, all children should have access to a range of extended services in and around their school day from 8am - 6pm, five days a week, 48 weeks a year, in accordance with their communities' needs, combined with a varied menu of activities (study support) to enhance achievement and broaden interests.

Within the specified variety of activities that young people should be given access to, Pure Creative Arts cover the following areas:

- Arts activities e.g. dance, drama, and the arts
- Sports activities (at least 2 hours per week for those who want it)
- Other recreational activities, e.g. special interest clubs, music lessons, volunteering.

For more information on how Pure Creative Arts could fit into your school's Extended Schools Policy, please contact us.

The Impact Programme

This is our very exciting program that we initially piloted in a school in Maghull, and due to its success Impact groups have been running in a number of schools across Merseyside over the past year.

Impact is a lunchtime or after school drama group, which encourages pupils to look at certain issues through the use of drama. More recently dance and sport skills have been incorporated into these groups as well.

The program runs once a week covering a different topic each term. The Program usually starts with the theme of Identity in the first term that it runs.

Pure Creative Arts find that it is effective to launch this program with an assembly to introduce it, so that pupils are aware of who Pure Creative Arts are and that the sessions are running.

Pure Creative Arts like to be able to liaise with the teachers in the school on this to ensure that material that is covered is followed up properly and that teachers are aware of what is going on.

The Pure Creative Arts Band

Pure Creative Arts have their own band which consists of 5 experienced and talented musicians who play both their own original material and well known, up to date covers. The band is available to play at lunchtime or after school concerts, assemblies, music workshops or other school events.

For more information on the band, or to listen to a sample of their tracks you can look at the website at www.purecreativearts.co.uk and refer to the band section.

Theatre and Education performances

Mirror Mirror

'Mirror Mirror' is a short play that looks at the issue of body image, based on one girl's experience of an eating disorder, the struggle she goes through and how she begins to overcome it. The play brings this subject to life and is followed by an interactive workshop.

The theme of body image is a key issue facing many young girls today and the play is a powerful tool to show the reality of these issues. The play coupled with the interactive workshop allows room for young people to react, discuss and respond to their own feelings about body image.

Hold Me

'Hold me' is designed to fit into the sex education curriculum. It follows the story of four girls as they tackle the pressures surrounding sex and relationships. In the play we see each girl's individual struggle to fit in, be liked and face the pressure to have sex in order to gain physical affirmation.

This is often a subject not covered by sex education and we aim to discuss how girls often look to sex and relationships to find affirmation and approval, as well as a way to feel loved. The play shows how even the smallest of decisions can impact our lives, and portrays all the feelings and emotions that come with the consequences.

An interactive workshop also follows Hold Me providing space for pupils to explore and think about their own decisions around the theme of sex and relationships.

Shine

'Shine' looks at the issue of self-harm as it follows four individuals who struggle in a different way and who each use various coping mechanisms to express the pain they feel.

This latest production uses sounds to build-up atmosphere and tension, and is street-dance based, using movement and rhythm to communicate and connect with a modern teenage audience.

Self-harm is a very hidden activity that is extremely prevalent amongst young people today and through this play Pure Creative Arts use theatre to explore the issue in an effective way.

Vicky's Secret

Launched in February 2009, 'Vicky's Secret' tackles the issue of abortion and pregnancy crisis with both humour and sensitivity.

Teenage pregnancy is a prevalent issue among today's youth and this production creates the opportunity for young people to explore the issue and the choices that accompany it as they see how Vicky's choices effect both her life and the lives of those around her.

Mixed Groups

We currently have limited resources to open the plays to boys as well but with prior notice we can arrange for this to be possible.

Technical information

Space

Both our current theatre productions incorporate the use of multi media, music as well as live performance. To best utilise this resource we need a large performance space preferably a hall or drama studio.

Main Stage measurements:

Width – minimum 8 metres
Depth – minimum 5 metres

Blackout

It is also recommended that the venue used has a blackout facility, although not essential it will improve the overall quality of the performance.

Power Requirements

The theatre productions will ideally need a 32 amp socket for the PA and lighting equipment but it would also be possible to use a number of 13 amp sockets.

Price List

Assemblies and IMPACT groups

All assemblies and IMPACT groups are available free of charge.

Lessons

Single Lesson	£150	Lessons will be led by two or three members of the team and are designed to correspond with the curriculum.
One full day	£300	Based on four lessons throughout the day which can be on a variety of topics depending on the schools requirements.

Workshops

Single Workshop	£150	Workshops are available in dance, drama and singing. Workshops last for an hour and a half and will be led by one or two members of the Performing Arts team.
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Theatre Productions

Single Production Within one hour	£400	One performance of any play followed by an Interactive workshop within one hour
Single production 50 pupils or less	£400	One performance of any play to 50 pupils or less followed by interactive workshops.
Single production 50 pupils or more	£500	One performance of any play to 50 pupils or more/whole year group followed by interactive workshops
One full day	£800	One full day in school with a number of performances and workshops (a maximum of 3), according to the schools requirements.
One full Week	£3200	One full week consisting of performances of all plays currently running and a selection of lessons and assemblies throughout the week.

Band performances

Single performance	£500	The band are available to perform at lunchtime/after school concerts, during assemblies or other events.
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Expenses

A charge will also be made for expenses on bookings made outside Liverpool

Contact Us

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