

DEEP IT

Conflict resolution through theatre methodology

Erasmus+ project
2020-3-SK02-KA105-002684

Tips & Tricks
for facilitators
of drama activities
about human rights
2022



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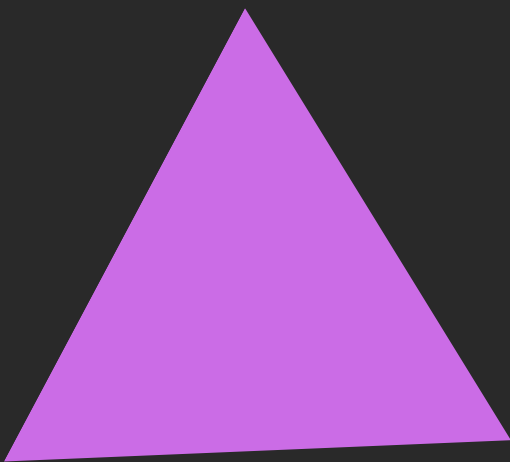


About the Project

The "Deep It" project develops competencies of participants from all over Europe in the field of human rights education, protection, conflict analysis, resolution, peacebuilding activities. The project promotes tolerance, respect, solidarity and intercultural learning.



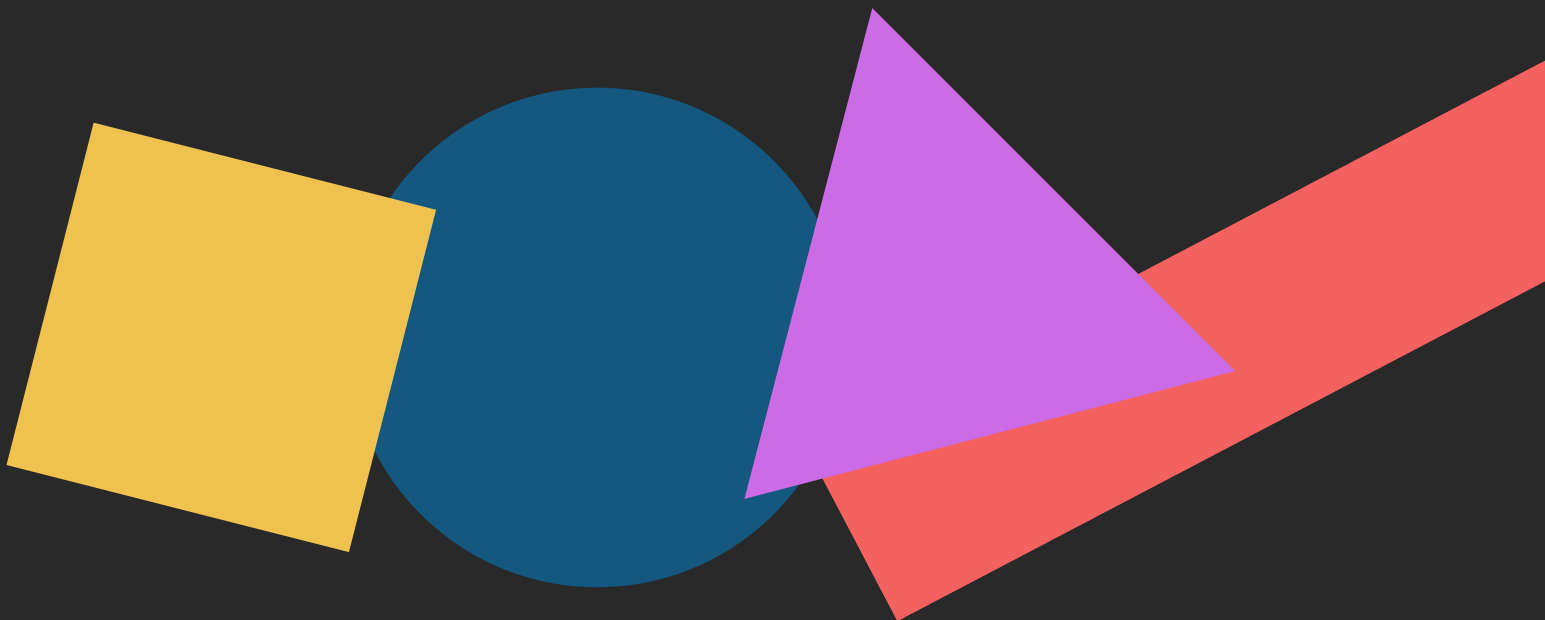
Participants have learned about diverse non-formal methodology especially theatrical and drama methods to work with youth within the conflict resolution and peacemaking activities.



Tips and Tricks

The project encouraged to use drama and theatre methodology to talk with people about human rights, promote diversity and intercultural learning, teach them how to convey peacemaking activities, and much more. Drama methods are proven to be a useful technique to achieve these tasks, and the Deep It project participants have learned it with their own experience.

At the same time, it can be difficult to imagine how to combine human rights and drama, to create an interesting activity which will become a useful experience for your audience or participants. We have prepared different tips and tricks for you to learn and master your facilitators' skills!





Theater and Human Rights

How to combine theater methodology with human rights activities? Here are some tips and useful methods to get your inspiration!

- **Speak about human rights** with participants and then retell what was spoken with the language of drama. Use **storytelling**.
- Transform discussion into **forum theatre**, where different roles look for solutions to their problems and how to apply them in practice.
- **Puppetry** can be useful for children and students to learn about human rights, give them new options to explore and resolve conflicts, provide them with visual stimulations, and to see different cultures from a new perspective.
- Use **roleplay** to see the World from a different point of view.
- **Drama therapy** is just for professional therapists. This method works for exploring trauma, mental health and the impact of social conflict on our inner/emotional world.
- **Verbatim**, (documentary) theatre, is an impressive and touching tool to talk about personal stories, lived experiences related to human rights and social conflicts.

- Think of activities where participants can **confess their feelings** and thoughts to someone from their past: through **movements, narration, objects**, etc. As a facilitator, you have to make sure that the group is close and ready to share their stories/feelings.
- **Legislative theatre**: suggest and vote for laws and policies specific to their community and needs that can be applied in practice and protect them and their interest.
- **Commedia dell' Arte** is a physical activity to explore human rights in a humorous, playful and light-hearted way.
- **Social community theatre** – powerful and complex tool to work with specific social groups, minorities and communities to address their specific needs, interests and rights as citizens.
- Boost creativity by using **improvisation** and **music**.



Workshops for Different Social Groups



How can we adapt our theatrical workshops for different social groups and communities?


- In **schools** (13+) they can be used in an informal educational process through drama methods expressing emotions or addressing the unknown issues to younger children to provoke a discussion.
- Drama workshops about conflict management can be served as a teambuilding activity **at work**.
- Or they can be conveyed by an **NGO** as a training course.
- **University**: drama methods can be a part of a course on human rights.
- **Jails / centers of refugees / therapy groups**: therapeutic activities which will help people from closed communities to deal with their past and give them better perspective for the future.



- **Orphanage** (13+): adapt workshops to be a part of a therapy.
- **Children** (9+) are more affected by body movements and games, so physical theatre is a way to introduce human rights to them.
- At **theatre centres**, actors take theatre seriously. During a workshop about human rights you can create a strong narrative together.
- Patients of **mental institutions** and **nursing assessments**, people with disabilities - these people can be great audience and participants, but require additional studies and preparation of the workshop.



Obstacles and Solutions

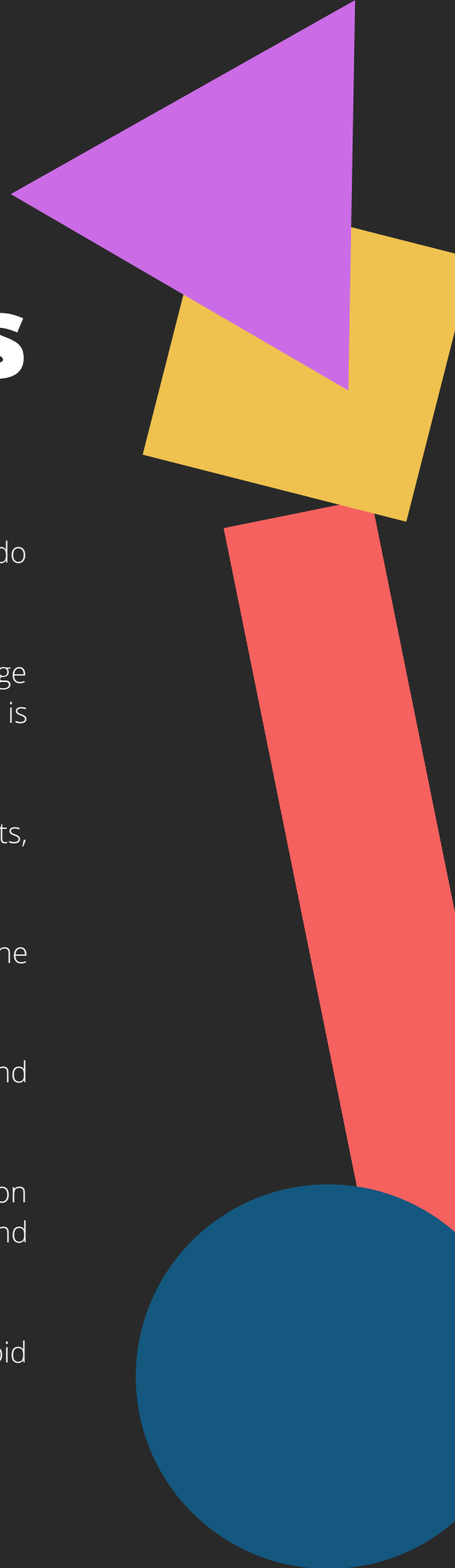
- Energy levels of a group can change. It is the same with levels of focus. Low is not “bad”.
 - The group could not be interested in the topic.
 - Problems with a schedule and time keeping.
 - A low level of trust and connections in the team.
 - Language barriers or misunderstanding.
 - Find an energizer that is related to the topic, motivating, suitable for everyone.
 - Selections of participants / clear info / partial flexibility of activities.
 - Establish clear rules in the beginning / partial flexibility / facilitators being ready assertive.
 - Start schedule with trust and team building games. Give space to informal interactions. Keep the most stressing activities for later in the workshop.
 - Communicate in different ways (speech, writing simple words, drawings, etc.). Make sure that everyone is understood or getting help in the group.
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- Unclear directions.
- Pay attention to details during the preparation of the workshop and explanation phase.
- Unbalanced dynamics between the group and the facilitator.
- Find the right distance between group and facilitator, so that they are available but not intrusive. Get live feedback from the group.
- If there is more than one facilitator, unbalanced dynamic between them (ex: one being unavailable, the other being too present)
- Decide in advance how to divide responsibilities and stick to that. Keep an eye on each other during workshop, be communicative and flexible.
- There is not any rule, that energizers have to be related or significant with a main topic
- Attention to details during the preparation can help to choose the best energizer for a workshop
- Loosing the topic.
- During workshop make sure that you are clear about the topic. Be assertive in bringing activities back on track. Before and during a workshop clarify directions and outcomes.



Tips for Facilitators

- Be **assertive**. Go straight to the point and do not be afraid to say no.
- **Time management**. It's important to manage the time and to make sure that every activity is completed on time.
- Create a **safe place** for sharing thoughts, feelings, opinions without judgment.
- Be **flexible** and open to listen to the suggestions of participants.
- Be **creative**. Think about the target group and what could catch their interests.
- Keep **eye contact** to create connection between the facilitator and participants and make them pay attention.
- **Introduce rules** for communication to avoid misunderstandings and mess.
- **Adjust the mood** according to the topic.



- Be **patient**. Listen, observe and give participants enough time to think, but also keep in mind the time schedule.
- Encourage participants to **express themselves** and to think deeply without doubts.
- Be **enthusiastic** and **positive**.
- Be **empathetic** and **inviting**.
- **Inspire** others.
- Make sure you **know what your task is** and you know how to explain everything in a simple, clear way.

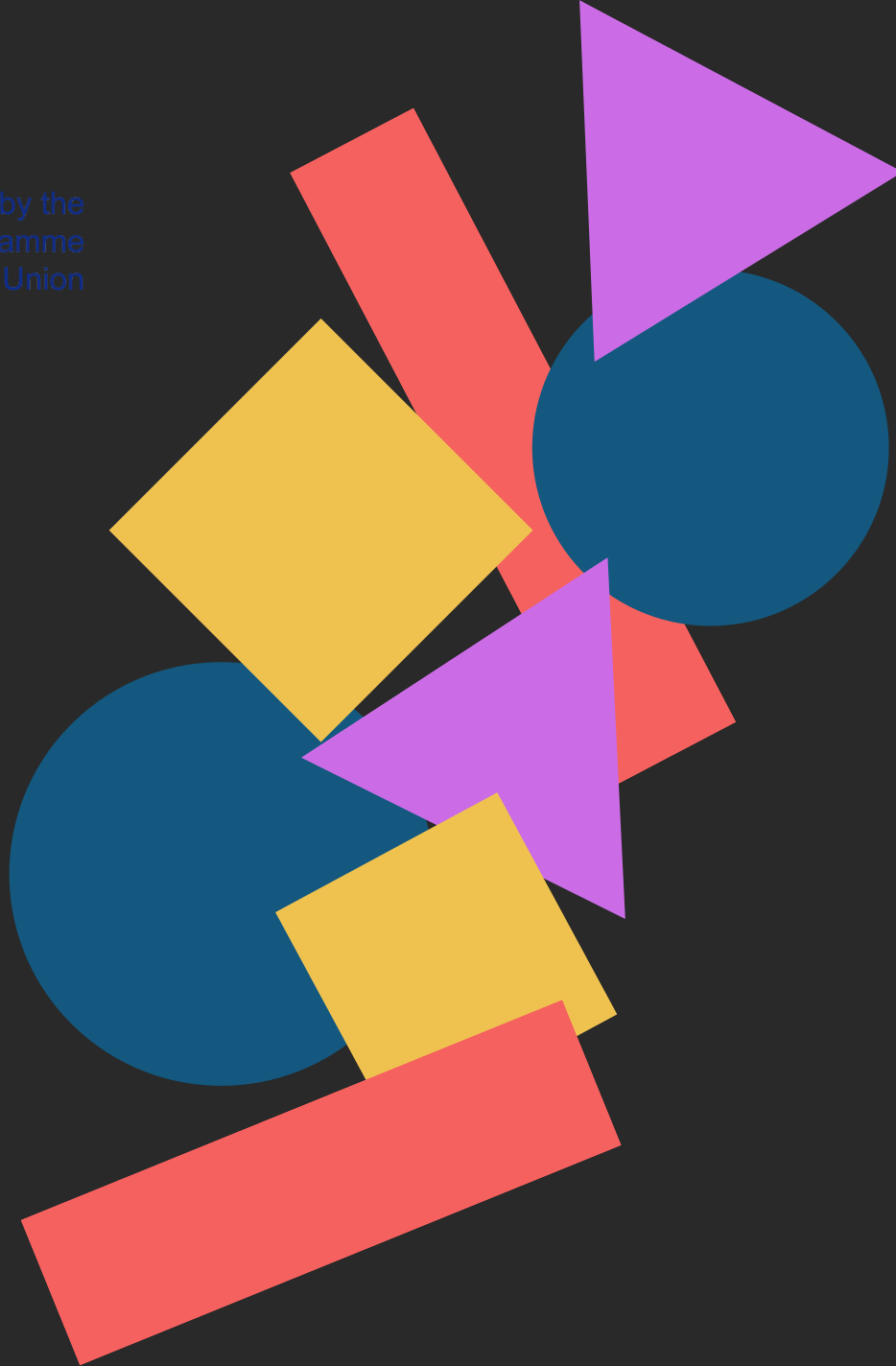




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Training Course
16th - 26th October 2022
Banska Stiavnica
Slovakia