

**Seattle Children's Theatre
Kaiser Permanente Teen
Anxiety and Resiliency
Assembly**
Grades 9-12

According to statistics prepared by the National Alliance on Mental Illness, 20% of youth ages 13-18 live with a mental health condition. Anxiety is the most common mental health disorder in the United States, affecting nearly one third of adolescents and adults. Several key indicators point to a rising tide of anxiety and depression among young people.

Kaiser Permanente and Seattle Children's Theater have partnered to create *Ghosted*, a one hour assembly designed for grades 9-12. The program utilizes a professional stage play and follow up discussion as a way of engaging students while providing health information about anxiety, depression and resiliency. Students witness the journey of four young people and observe how the ways they relate to and help each other can have a lasting impact on their lives. The program supports the Health Education Standards and Social Emotional Learning Benchmarks for Washington State Public Schools in areas of mental, emotional and social health.

Supporting Materials

In addition to the performance and post play discussion, each student will receive a *Ghosted* Student Guide and each Teacher will receive a Pre and Post Play Teacher Guide designed to enhance the play-going experience and support additional conversations afterward.

Ghosted and all supporting materials including post play workshops are offered free of charge to qualifying schools.



The Play (30 minutes)

Ghosted tells the story of four students as they navigate through a single day of high school. When one of them experiences a bout of anxiety and is sent to the counselor's office, issues of friendship and honesty lead all of them to reveal hard truths about their personal experiences and lives. These truths cause them to question their relationships with each other and to consider past and future choices.

The Post Play Conversation (30 minutes)

Following the play, the cast will engage with student audiences in a conversation about anxiety and resiliency. The objective of the conversation is to further examine the themes of the play, destigmatize mental illness and offer students resources and additional information about these crucial issues.

Ask about our Follow Up Workshops

Follow up workshops consist of drama activities designed to further the conversation about anxiety, depression, stress and resiliency. These one hour workshops are offered on a limited basis to classes of 35 students or less.

Key concepts:

- **Discussing what you are going through with others is an important first step to getting help**
- **Stigma causes people to feel ashamed about things that they cannot control**
- **Depression and Anxiety are common and not anyone's fault**

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