

“It Makes Me Feel Alive”

The Socio-Motivational Impact of Drama and Theatre on Marginalised Young People



University of Sussex in
collaboration with
THE PROJECT
theatre company

Themes from interviews

Something for Myself

Self-expression

When I'm on stage [...] it makes me feel alive. [...] My inner self, the real me, comes out. (Jordan, T3)

A positive activity to fill time

[I] started to focus on things that I actually love to do, and then it [drama] just channelled all that energy that I was putting in on being that hard rude girl into now doing what I actually wanna do, and it's constructive (Chloe, T3)

Room to unexpectedly achieve

I think that was like one thing that I've actually stuck at and actually finished. [...] Literally, never finished a thing. So it was nice to do something, and ride it out till the end (Jasmine, T2)

Intrinsic enjoyment

Oh my god, this [performing] is so good. I really, really liked it. (Alisha, T2)

A Nurturing Space

Supportive boundaries

He [the director] was always on time. He always showed up. He never missed a session. [...] if we had a director that only came sometimes, or didn't turn up on time, you'd be like: 'Well, he's not taking it seriously, so we're not going to take it seriously'. He took it very seriously. (Alisha, T2)

It feels like we're all a family

The best part of it was just ... it's almost ... [...] it feels like we're all a family. (Jordan, T3)

Growth of trust

He didn't give up on us.. [...] he took a risk with us, and he believed in us. [...] It feels good to, for someone to actually put their trust in us... someone that come from the PRU. (Alisha, T2)

Changing the Story

My life's so different

My life's so different, it's completely, completely, completely different to how it was. [...] it feels really, really distant [...] it feels like that's a whole lifetime away [...] everything's so different (Jasmine, T2)

Desire to move on

It's hard for me to be that person, it's really hard for me to act that person [...] because you know it's yourself and that's not how you want to be anymore, and it kind of reminds you of how you don't want to be. (Alisha, T3)

