

# No Shame In My Game

## OUR VISION

The most obvious way to express a part of your story through music is through song-writing. Song-writing is a way that you can externalize and reframe your experience because it requires you to reflect and write down your thoughts and feelings. Music is memorable and catchy, which can also lead to the lyrical thoughts and messages being further reinforced in your body and mind.

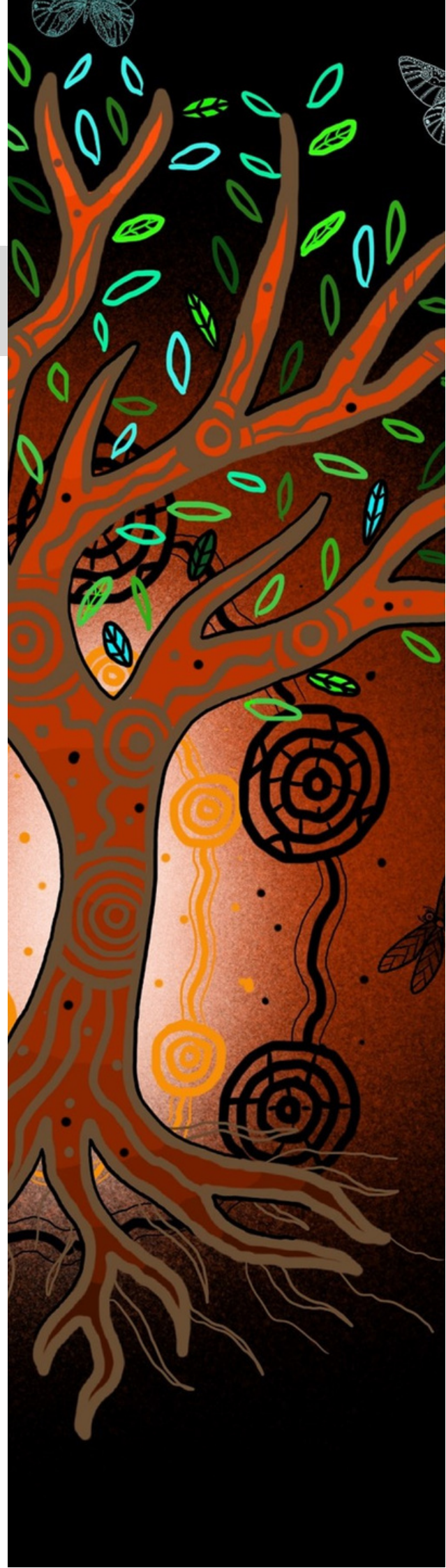
"No shame in my game" is a music program using narrative therapy practices to design and assist young people with discovering the joy of music through voice and freedom expression through vocal improvisation. Exploring different styles that each young person has within themselves and bringing this to the surface by assisting with vocal training and warm-ups and strengthening their preferred genre.

Throughout the journey of finding "The Voice Within", positive reinforcement is key to their success, therefore the young people are discouraged to speak the word "Shame" or feel any kind of feelings connected with the word "Shame" as this will hold back their ability to release their vocal talents.

Throughout the process of the program the young people will be able to write a song in their preferred style however, celebrating or hyping anti-social behaviour will be discouraged and redirected to focus on making healthy choices and self-reflection. Facilitators will provide vocal mentoring and training, leading up to and including the recording of their own song.

In acknowledgement of successfully completing their song, each young person will be presented with a CD for their achievement and supported to load their songs to Sound Cloud.

Throughout the year, young people will have opportunities to showcase their lyrical talents at various community events.





# Benefits



## Developing skills through the voice:

Exploring a wealth of fun and educational vocal activities that develop 'skills for life' including confidence, self-esteem, self-expression, creativity, social, language, cognitive and physical skills and ability, adapting to the "soul" of the voice (singing from the spirit man within). Young people will be empowered in techniques of self-expression, confidence building, artistic expression and performance readiness.

## Vocal activities promote:

- Social interaction - Higher attendance rate
- Concentration and attention skills
- Improved co-ordination
- Confidence and self esteem
- Body awareness and image
- Communication skills and language
- Expression of feelings
- Listening skills

## Self-Awareness:

- How ones thoughts and actions affect their lives
- Encouragement of Self expression
- Effects of positive decision making
- Where a young person fits into society & their community
- Techniques and skills to change the course of their lives
- Self Worth
- Resilience

## Leadership Skills:

- Public speaking/performance
- Self Pride
- Group coordination (Taking ownership of attendance)
- What a leader is made of.

## Networking:

- Students will have the opportunity to interact with other youth, and networks around the school and in the community.
- Students will also get the opportunity to network with the local radio stations to see if they could get possible airplay of their song/songs.



## Milestone/s and Timeframe:

- **Stage 1&2** - The first and second week will be focusing on finding "The Voice" and making a start on song writing.
- **Stage 3&4** - The 3rd and 4th week will be focusing on Vocal preparation, training and technique Song writing.
- **Stage 5&6** - The 5th and 6th week will be focusing on vocal arranging, recording, performance and preparation also educating them on copyright.
- **Stage 7&8** - The 7th and 8th week will be performance preparation, vocal warm-ups and exercises and Networking around the school (I will have to come in earlier on the day of the 7th week to get the word out for the showcase of their song or songs!

## Specific Target Group

No Shame in my game targets disadvantaged young people aged 8-12 years and 13 - 18 years living in the Cairns region. This group has been identified as not having enough activities or program offered to them and the socio-economic level of the area lends itself to a high level of children getting into trouble on the streets due to lack of activities and lack of positive input and mentoring into their lives due to various home life/family situations. By aiming my service at this age group I am also hoping to build relationships with the parents and carers and have them involved with such a positive outcome of the young people's achievement's at the end of the workshop, thereby being able to connect and allowing the young people to showcase their song or songs to their parents as well as fellow school members, leaving a positive impact on their parents' minds as they can see the development that has taken place in their child's life during the course of the workshop, leaving a sense of pride and honour as a young person's parent also trickling positivity into the young person's home environment.

