

PURE MENTAL

SCENE 8: LOSING YOUR MOBILE PHONE

NOW IT'S TIME TO TRY OUT ONE OF THE SCENES FROM 'PURE MENTAL' WITH YOUR FRIENDS. YOU WILL NEED THREE PEOPLE TO PERFORM THIS SCENE AND REMEMBER, YOU CAN MAKE IT YOUR OWN... IT DOESN'T HAVE TO BE THE EXACT SAME AS WHAT YOU'VE WATCHED. HAVE FUN!

(Chloe is searching for her phone and getting more and more frantic)

C: Where is it?! Where is it?! Searching desperately. *(Kieran appears dressed as an evil mobile phone.)* There you are!!! I thought you were lost!

K: Relax, I'm here. As brill and cool as ever! Now you know the drill! *(Chloe looks dejected.)*

C: Yes, boss *(Kieran stands on a cube and pretends to work Chloe with strings, like a puppet, as he does this, G says):*

G: Checking our phones is addictive. We get hooked on a rush of excitement every time we get a new 'hit' of information or a ping. Being glued to our phones means we never relax.

K: *(Chanting.)* Check me, check me, check me! Dance Chloe dance!

(He makes Chloe dance like a puppet whilst she is checking for messages and likes.)

G: The average person checks their phone 28 times a day - that's over 10,000 times a year. Many young people, when parted from their phones show significant signs of stress and heartbeat patterns similar to people who have post-traumatic stress disorder

(Kieran goes 'ping'.)

C: *(Very excited.)* It's a like, it's a like!... She looks at the phone. Huh flip! It's only a stupid e mail trying to sell me something! Why hasn't anyone liked my post?

K: Ha, ha, ha - dance Chloe, dance! *(He makes Chloe dance.)*

Look at this photo Chloe, just look...

C: *(Looking at phone.)* It's Kathy. Look at that for a selfie! She looks brilliant. Why can't I ever look that good? I'm using the wrong filters!

K: Selfie! Selfie! Selfie! *(Chloe dances and poses for selfies.)* Ha, ha, ha... Dance Chloe, dance!

G: Our phones are often making us anxious and depressed. What are you really getting out of that scroll through Instagram? Why are you looking for that perfect selfie? Are you comparing yourself to others? Are you avoiding problems that you should be addressing in real life? Some people aren't living their lives at all - their living it on their phones! Glenn throws a big net over Kieran the phone. It's super important to take a break from time to time. Putting your phone in another room and leaving it makes it just a little harder to get to, so you'll be less likely to pick it up. Or, now and then, leave it at home when you go out.

(He drags Kieran off the stage.)

C: Connect with support that's there for you. Maybe you could ask to see a school counsellor if that would help. Go and talk to your doctor - some of the new treatments that are around if you're struggling with your mental health are really effective including talking therapies and drug treatments.

Get someone else to watch your scene and give you feedback.

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LOVE TO HEAR FROM YOU!**

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