

Actionwork

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Actionwork provides a variety of anti-bullying programmes throughout the UK and abroad, using creative action methods such as role-play, video, storytelling, movement, imagery and games. In addition to running workshops and producing shows, Actionwork makes professional quality digital films with young people on a variety of subjects, including bullying.

Our workshops are generally great fun sessions and will involve the participants in active participation through a variety of games, discussion and dramatisation. That means whoever is on the workshop gets up and does stuff rather than sitting and watching or just talking about it. We play lots of games, have lots of fun, do drama and role play and find ways to get everyone involved.

Here is an example of a workshop on the theme of 'empowerment'. Finding out what empowerment means to us and in what ways we can become empowered is an important part of the session. The workshop will be highly energised, starting with a series of games that help build co-operation and trust, aid our focus and sharing and help our leadership skills to flourish (get the best out of us). Using pens and paper or with the help of a flip-chart we might then look at and explore the word 'empowerment' together. Then, working in pairs, we would discuss and share some of our ideas on empowerment with each other. Each pair might then create a short scene or image about one of their ideas. At the end of the workshop we would have a showing of all the scenes and images created. This workshop would probably last an hour.

Andy Hickson, Director of Actionwork, is also Director of '*I Power I*' which is the name of London's Anti-Bullying Conference for Young People. Held annually, young Delegates between the ages of 11-18 years, come to this Conference from all over London. (Photograph reproduced courtesy of Actionwork).

