

A PARTNERSHIP BETWEEN  
ALTRU DRAMA CIC & STATE OF MIND SPORT



# SQUAD GOALS

A PERFORMANCE ABOUT MENTAL HEALTH  
AND WELLBEING FOR YOUNG PEOPLE AGED  
11 - 13.



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YOURS?  
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## SQUAD GOALS

Squad Goals is a performance about sport, friendship, wellbeing and mental health.

We meet 4 young people in their school drama studio - one of them wants to do a presentation about mental health but is convinced, by his friends, to turn it into a performance.

What follows is a poignant, compelling hour of theatre exploring how mental health impacts the lives of young people and how friendship can be a key component in positive mental health.

The main story focuses on Jamie - a talented young rugby player who has the world at his feet until an

injury ends his career before it has even begun. Jamie's spiral into silence, isolation and depression demonstrates just how easy it is to fall into poor mental health, if you don't talk about how you feel.

Jamie's story encourages the other characters to open up about their own struggles and issues, giving the audience time to reflect on:

- anxiety
- feeling 'not good enough'
- online use & connection to mental health (focus on instagram)
- body image issues
- self harm
- parental depression
- suicide

The performance is specifically for a young audience, so all of the above are handled in an age appropriate and sensitive way.

In 2019 we undertook a pilot tour of Squad Goals, working with Wigan, Warrington and St Helens schools through generous funding from the Isabella Blow foundation.

The University of Central Lancaster (UCLan) are currently undertaking an evaluation of the project, but early indications demonstrate a clear impact on young people and teachers.

The following are a handful of evaluations from teachers:

*An outstanding and very powerful performance which has had a massive impact on over 400 young people and staff. An outstanding vehicle for delivering mental health issues.*

St John Fisher Catholic High School

*Excellent performance with a mix of emotion and humour to educate pupils on how to deal with their own and others' mental health.*

Cardinal Newman High School

*Engaging, absorbing, clear in message and relevant to the issues facing our pupils.*

Atherton Community School

*It was pitched exactly right for this age group. It touched on serious topics without taking it too far. Fab & relevant performance!*

Fred Longworth High School

If you would like to talk about Squad Goals and how we might work in partnership to bring a performance to your school, club or area then get in touch:  
0151 443 0333 / [hello@altru.co.uk](mailto:hello@altru.co.uk)

