Positive Choices
Drug and Alcohol Information
Get informed, stay smart, stay safe

Recommended program

# Choices: Applied Theatre project




**Evidence ratings:**

This resource is supported by one published study. See our Help/Q&A section for more details.

**Year:** Year 11–12
**Targeted Drugs:** Alcohol, Drugs (General)
**Tags:** Schoolies, High-school leavers
**Time Allocated:** 1-6 lessons
**Origin:** Australian
**Cost:**
Free

## Available

The Choices: Applied Theatre Project is managed by Central Queensland University.
Click below to find out more. Please note the Choices program is currently limited to some parts of Queensland. In 2014 the Choices tour included Mackay, Proserpine, Bowen, Ayr, Townsville, Ingham, Abergowie, Atherton, Tully, Innisfail, Mareeba and Malanda.

Access Choices: Applied Theatre Project

## Developers

Central Queensland University.

## Format

The program involves:

- 50-minute theatre program within the school
- A 20-minute interactive forum.

## Summary

Choices is an applied theatre project that has been on tour for over 20 years. The program arose out of a demand for an effective vehicle to deliver health, safety and legal messages before students embark on Schoolies celebrations. The program has been designed as an adjunct to school drug education programs as it specifically covers key safety and legal messages around alcohol, drugs, and sexual activity. The program is targeted towards young people aged 17-18, who are involved in the production of a music theatre presentation involving comic skits, song and dance.

## Expected Benefits

A study that tested this resource (see sources below) found evidence for the following benefits:

- Reduced illicit drug use
- Reduced problem behaviours (e.g., driving under the influence, arguments).

## Evidence Base

One study has evaluated the benefits of Choices using a convenience sample. This method is not as rigorous as a randomised controlled trial, which is the gold standard for evaluating the benefits of an intervention. However these preliminary results are promising.

## Sources

Quek, L. H., White, A., Low, C., Brown, J., Dalton, N., Dow, D., & Connor, J. P. (2012). Good choices, great future: An applied theatre prevention program to reduce alcohol-related risky behaviours during Schoolies. *Drug and alcohol review, 31*, 897-902.

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