

Theaterflyer

# TRAU DICH!

Bundesweite Initiative zur Prävention  
des sexuellen Kindesmissbrauchs

A Powerful  
Play About:

Feelings

Limits

Trust



Gefördert vom:



Bundesministerium  
für Familie, Senioren, Frauen  
und Jugend



Bundeszentrale  
für  
gesundheitliche  
Aufklärung

# TRAU DICH!

## The Initiative

The National Initiative for the Prevention of Sexual Child Abuse chose the title “Trau dich!” (Dare to Do) to present a number of measures directed toward the prevention of sexual abuse. This initiative is part of the Action Plan 2011 which the German government started with the expressed goal of protecting children and adolescents from sexual violence and exploitation. The concept contains the insights gained by a roundtable entitled “Sexual Child Abuse” and from the recommendations of the Office of the Independent Commissioner for Matters Concerning the Sexual Abuse of Children.

The Federal Ministry of Family Affairs, Senior Citizens, Women and Youth (BMFSFJ), together with the Federal Centre for Health Education (BZgA), is responsible for the conception, development, and execution of this initiative. It closely cooperates with the individual federal states and with the specialist facilities for the prevention of sexual abuse. To this end, it also works together with the child and adolescent hotline “Nummer gegen Kummer.” Besides preparing the theatrical play “Trau dich!”, the BZgA also distributes information and materials on these themes.

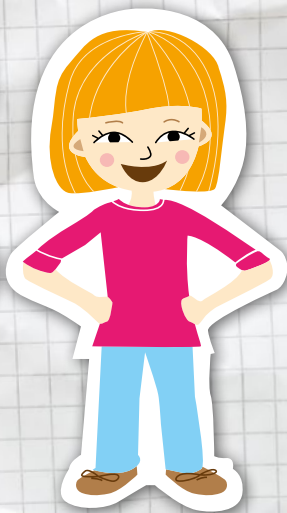
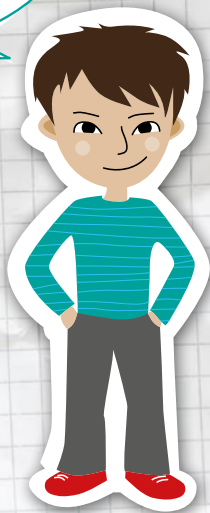
All information on the “Trau dich!” initiative may be found under [www.trau-dich.de](http://www.trau-dich.de), under the keyword “Für Eltern und Fachpersonal.”

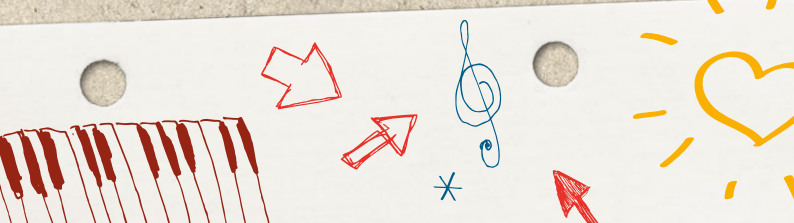


## The Play “Trau dich!”

This play is directed toward children between the age of approximately 8 and 12 years. It is made part of the classroom curriculum and can be complemented with materials, methodological suggestions, and accompanying workshops for school staff members. In cooperation with the regional specialist facilities, the parents are informed in advance of their children’s viewing the play about the initiative and its goals, in order to better speak with their children both before and after the performance.

WE HOPE  
YOU ENJOY  
THE PERFORMANCE!



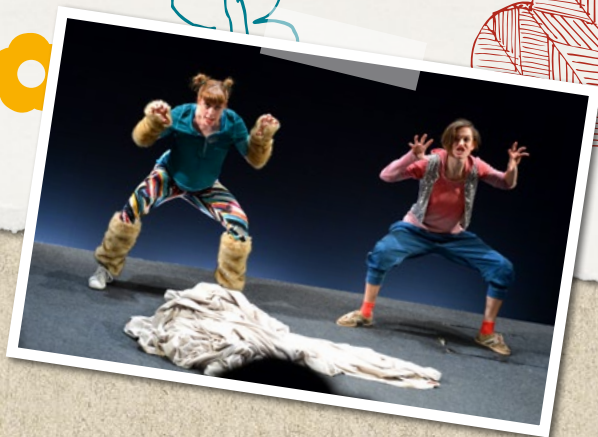


The interactive play “Trau dich! A Powerful Play about Limits, Feelings, and Trust” articulates many things that our society still has trouble talking about. It discusses transgressive experiences children go through, i.e., when they are exposed to assaults of all kinds on the part of adults. It discusses how these are experienced by children and how children can protect themselves and draw lines. It deals with feelings, closeness, distance, and trust.

In particular, this play shows children ways of dealing with difficult situations and helps them to exert their own right to self-determination. The medium of theater offers many expressive dimensions for this purpose:

- Words, images, music,
- The viewers' own fantasy,
- Identification with figures,
- Messages delivered in a very immediate and tangible way,
- Triggering, rousing, inspiring, touching feelings,
- Confrontation with new things.





## What's It All About?

It's not always easy to talk about feelings. Paula can't seem to explain to her girlfriend that she's not yet really interested in kissing someone. Vladimir doesn't know what to tell his grandmother when she smothers him with wet kisses. Alina falls silent when a family friend comes too close to her.

Why is it sometimes so difficult to trust our own feelings? Why are some feelings so difficult to put into words? And why is it often so difficult to find someone you can trust and confide in?

Paula, Vladimir, and Alina are searching for the right way to express their feelings. They search for a long time until they finally have the courage and the words to express what they are thinking.



“Trau dich! A Powerful Play about Limits, Feelings, and Trust” recounts a number of different stories about children aged 8 to 12 years – stories about their first, hesitant approaches to persons of the opposite sex, about comparisons with peers, about the pressures exerted on them, about crossing lines, and about uncomfortable situations. It deals with questions of great importance to children: Who can they trust and confide in? Who they can turn to with their questions and problems? The audience learns that children have inherent rights, for example, the right to privacy, the right to physical self-determination, the right to be safe from violence, the right to information, and the right to receive help from others.

In close cooperation with the children’s school classes, select themes and stories are prepared in advance of the performance. This forms the basis for the play.

“Trau dich!” is an interactive theater collage that employs a wealth of different means of presenting information. The audience becomes directly involved in the performance, and a variety of interactive elements are used to involve the children in what is happening on stage in order to engage them. In addition, the accompanying background materials on the play provide teachers with the opportunity to work through the theme with their pupils after the performance.



## Kompanie Kopfstand

The “Kompanie Kopfstand” was founded in 2006, with a focus on presenting children’s theater. It is active throughout Germany and in Switzerland.

Their work is characterized by an intensive engagement with the young audience in attendance, both during and after each performance. The Kompanie Kopfstand received this assignment because of its emphasis on presenting modern theater for children and adolescents using many different forms of theatrical presentation, documentation, interaction, and multimedia.

This type of theater has the following goals:

- To help children to see themselves as the experts of their own lives,
- To let children tell their stories,
- To ask questions but not provide all the answers,
- To overcome the distance between the stage and the audience,
- To encourage children to live their dreams,
- To encourage the young audience members to become actively involved.





# A production on behalf of the BZgA by the Kompanie Kopfstand

**ACTORS:** Lisa Scheibner, Julia Bihl or Charlotte Baumgart, Julian Hackenberg or Helge Gutbrod, Johannes Birlinger

**DIRECTION:** Annina Giordano and Christopher Gottwald

**MUSIC:** Johannes Birlinger

**TEXT AND CONCEPT:** Tina Müller

**VIDEO:** Sonya Schönberger

**STAGE DESIGN:** Michael Ottopal

**COSTUMES:** Julia Moritz

**THEATER PEDAGOGY:** Charlotte Baumgart

**TECHNICAL DIRECTION AND LIGHT DESIGN:** Denise Potratz

**HEAD OF PRODUCTION:** Sandy Schwermer und Johanna Malchow

**CONCEPT AND REALIZATION:** Kompanie Kopfstand (Annina Giordano/Julia Bihl/Charlotte Baumgart)

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Fax: 0221 8992-257  
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