

hey you

Credits

Frankie	Rhiannon Collett
Playwright	Christine Quintana
Director	Stephen Colella

Synopsis

“This is a lot. A lot of time to spend with yourself.”

Frankie is a self-proclaimed introvert who is spending a lot of time at home alone. They wonder if they are disappearing. But, is being with yourself really that bad? In a video they make for themselves, there is comfort in being and seeing who you really are.

Discussion Questions

- Why does Frankie feel like they are disappearing?
- Do you think a person’s identity is created by being seen or known by others? Why or why not?
- While physical distancing continues, how are you connecting with others? How are you connecting with yourself?

Activity

Write the next scene of this play and introduce another character. This could be a character who was mentioned already, or someone new. What is the conversation they have?

Resources

Here is a list of support resources available if you, or someone you know, needs them:

- **Kids Help Phone**
 - <https://kidshelpphone.ca/>
 - Call a counsellor: 1-800-668-6868
- **CAMH Resources**
 - Mental Health and COVID 19 <https://www.camh.ca/en/health-info/mental-health-and-covid-19>
 - Coping with Stress and Anxiety <https://www.camh.ca/en/health-info/mental-health-and-covid-19#coping>
 - Talking to Children about COVID 19 and its impact https://www.camh.ca/-/media/files/camh_covid19_infosheet-talking_to_kids-pdf.pdf?la=en&hash=59AC3799BC481EC9238ECD9044A98B40C5CEA253

- **mindyourmind**

mindyourmind works with community partners and young people aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience.

<https://mindyourmind.ca/>

youngpeoplestheatre.org/right-here-write-now/