The background of the entire page is a light blue color. Scattered around the central text bubble are numerous stylized, flat-design illustrations of people of various ethnicities, ages, and body types. They are shown in various dynamic poses, such as walking, dancing, jumping, and standing with hands on hips. The clothing is colorful and varied, including sweaters, blouses, dresses, and overalls. The overall mood is positive and inclusive.

The Student Body STUDY GUIDE

Galloway Excursion
2021

Study Guide

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The Student Body

By Aaron Levy

CAST LIST:

Amanda B/ Officer 3/ Reporter 3/ Costco 3
Dallas/ Teen Boy/ Doctor Septic/ Dr. Ian
Houston / Congressman
Baily

Amanda/ Officer 1/ Reporter 1/ Costco 1
Other Amanda/ Officer 2/ Reporter 2/ Costco 2
Freshman Amanda/ Principal McSwain
Lisa/ Amanda from Another School / Helmet Rep
Custodian / Justin
Coach

Audrey Smith
Ari Isenberg
Holden Levy
Nate Hogan
Morghan Belt
Sophia Hernandez
Ariana Jones
Amelia Pierce
Fritz Sumter
Aaron Levy

Directed by Megan Cramer, Designed by Misao Cates

Staged at the High Museum of Atlanta on 2/26/21 and 3/4/21

As part of The Galloway School's Excursion Program

'Staging the Student Body: The Genesis of a New Play'

Trigger warnings

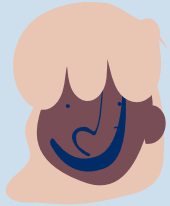
- **Assault**
- **Death**
- **Eating disorders - Anorexia, Bulimia, Binge Eating Disorder**
- **Homophobia**
- **Mental Health - Anxiety, Depression**
- **Negative Body image**
- **School Shooting (implied)**
- **Self harm**
- **Sexual innuendos**
- **Slut-shaming**



Synopsis

Krisp County High School is making a rule to get rid of all the scales everywhere. Dallas and Houston, wrestlers for the KCHS team, are preparing for their weigh-ins, as the boys' locker room is the only place left with a legal scale. Baily is the new kid who wants to be a wrestler but he $\frac{1}{2}$ a pound over so he goes to make weight by running the bleachers. There he meets Amanda B, the missing girl. They form a quick connection and she decides to bring him to her new home. Meanwhile, Houston is winning all his matches but it's at the cost of his health. Dallas takes dancing lessons to improve his footwork and there he meets a mysterious boy, Justin, with whom he quickly grows a bond. Lisa confides in Coach about her worries. Things start to spiral when Baily discovers Amanda B is putting her life in jeopardy in order to lose weight. Houston must go through a major surgery to save his life, but it's at the cost of his coveted heavyweight title -- and his girlfriend -- along with it. Lisa makes advances on Coach Chester. Dallas is outed as gay and his future sporting career is threatened. All the teenagers must scramble to find a solution, as adults continue to mishandle the wellbeing of the student body.

Who are the Characters?



Amanda B.

a young teen girl
who is missing from
home, struggles with
Bulimia



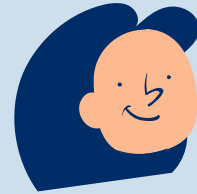
Baily

an anxious 98-pound
freshman who wants
to be a wrestler and
a hero



Dallas

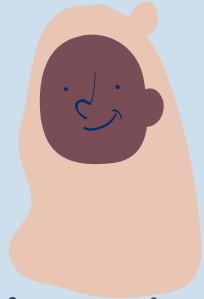
a champion wrestler
who is struggling
with his sexuality in
an unsupportive
environment



Houston

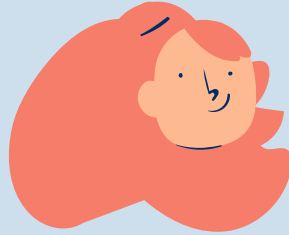
a heavyweight
wrestler whose
health is in jeopardy
due to quick weight
gain

Who are the Characters?



Amanda

bossy popular girl
who loves attention
and will go to any
length to fit in



Other Amanda

wants to impress --
at every corner and
in every bathroom



Freshman Amanda

an upbeat excitable
freshman who loves
Houston's
heavyweight title

Who are the Characters?



Justin

openly gay dance
trainer who wants
to help Dallas come
out of his shell



Teen Boy

A ghostly figure who
died a hero



Lisa

new girl neglected by
her father and
looking for someone
to listen

Who are the Characters?



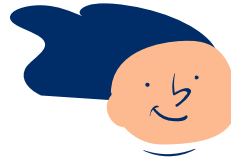
Custodian

worried for his reputation
#getconsent #metoo
#removereflections



Principal McSwain

trying to fix too
much in all the wrong
ways



Coach

trying to support his
students in a not so
professional way



Congressman

He would help but his
hands are tied

Baily's Choices: What Would You Do?

Throughout the play, Baily faces many difficult choices and situations and is often faced with an “either/or” type of choice. These situations mainly involve his love, Amanda B, but also some other characters like Houston and the Coach. In Amanda B's case she is also a victim of starvation to help her body image and becomes very sick as a result. As Baily takes care of her he becomes more and more conflicted. He wonders if he should get help or just deal with it on his own. It comes to the point where he has to get the help of his Coach but at that point it seems a little too late as Amanda still suffers in the end.

We learn that Amanda B is missing because she was kicked out by her mother for her disorder and she tells Baily that she can't be found by anyone which is why Baily struggles with finding a way to help her. If Baily were to have gone to an adult much earlier he could have found a way to help Amanda B recover physically and mentally.

If I, or anyone, was in Baily's shoes during this time, the right move would be to first seek help from a trusted friend or adult (which might not always be a parent or the authorities). The Coach in this example has proven himself time and time again to be a good role model and trusting figure for the kids of KCHS to come to, even leading to the point of him unfairly losing his job. How would you ask for help?

Choices by Adults- How would they react?

Pick a writing prompt to respond to: (should be 2-3) sentences)

- a) If you were one of the adults/administrators in the story, how would you react?
- b) What issues do you notice have not been addressed by the adults?

(example answers)

If you were one of the adults/administrators in the story, how would you react?

It is crucial that the adults acknowledge that there is something wrong and that they admit that they are making the problem worse. If I were an adult in that situation I would try to get the mirrors and the scales back up at the school because taking them away is just making the problem worse. I would also try to convince the other adults that we should listen to the students' needs instead of ignoring them.

What Issues have not been addressed by the adults?

Adult figures throughout the story are very important to the development of the plot as characters such as the Coach, Principal McSwain, and Congressman all display differing responses to similar problems. The coach for one is the most caring and open adult in the story as he genuinely worries and cares for his athletes and students well being.

Scenarios (what would you do?)

Scenario #1

Let's say you play football for your conservative, traditional high school. You have a friend who you make jokes with about being gay and use the word "gay" as a derogatory term. This friend always gets mad when you call them gay because they don't want to be thought of as that. Instead of respecting that, you find it funny that he gets mad and you keep teasing him. It turns out that he actually is gay but he isn't completely out yet. You find out and he begs you to keep it a secret. This is similar to the Houston and Dallas situation. How could you have handled it better than Houston did?

Scenario #2

So often in high school sports like Basketball, Wrestling, and Football, teenage boys are expected to outperform their current bodily functions to perform great heights in the hopes of continuing a pro sports career. Since the high school level is the entry to this path, time and time again teenage boys are expected to gain/lose weight, muscle, and skill on the fly which from what we know is not healthy for their bodies and well being. In our story a young man called Houston who wrestles at heavy weight is faced with life threatening medical conditions as a result of his overeating to make and keep weight. It is also clear that after he has surgery he feels much better and can breathe and move normally. However he is soon criticized for it by his girlfriend who says that she preferred the heavyweight Houston once again putting more pressure on him to gain more weight back to please her and the coach. Would you give up the thing that makes you special if it means saving your own life?

Scenario #3

Let's say you notice that your friend has stopped eating and is losing weight really quickly. She is always stressed and she is acting different all of the sudden. You want to try and help her but she never wants to talk about it when you try to bring it up. Her mom doesn't really care and whenever you offer your help she tells you to stay out of her daughter's business. Your friend is physically disappearing and you really want to help her but you don't want to make her mad either. What do you do?

Conversation Starters



- 1) What was a time when you think an adult could have handled a situation better?
- 2) What was a time when you were able to calm yourself down in a stressful situation?
- 3) What was a time that you were able to help someone struggling with an eating disorder, anxiety, or family issues?
- 4) Would you rather be comfortable or courageous?
- 5) Have you ever been conflicted with an issue and can't decide whether to reach out to a parent or your close friends?



Power of Poetry

Our class worked with poets to create poems of our own, inspired by themes and issues and characters in the play. Through the process we learned that a poem can be any form of writing, and poems are a unique way to express an idea. Through writing poems, it let us dive deeper into the problems that our show is addressing.

Try one on your own! Pick one of the issues that the play discusses, or a character you are curious about, and write a poem about it.

(examples on the next page.)

POETRY

WHIZZING BY

Time is whizzing by like a bullet launched from a gun. Life is short but moments shorter. A single moment burned into your mind, constantly reminding that time is whizzing by. When life feels out of control, spiraling, this reminder returns. Life feels shortened while you are only just a kid. No matter what you do, who you talk to, no amount of money can change the fact that time flies like bullets through the air. That whizzy feeling, speeding up as life continues, the moment returns when least expected. A constant reminder you are not in control of your life, the person with the gun is.

-- Amelia Pierce

CHANGE

Young minds have been tainted by a society we thought had grew. Another starving teen fainting what is it I can do? Just watch the world crumble as unrealistic standards crash it's shoulders. Or maybe I become the rose growing through the concrete conditioned to crush that boulder. The boulder weighing us down, telling us who we should/shouldn't be. Someone has to change this, I hope that someone'll be me.

- Morghan Belt



COME TO DINNER

Come to dinner
She did
First in while
Order
Salad
Watch as she pushes
Pushes it around her plate
Pretend
She'll pretend- we'll pretend
Tomorrow a run
That will fix it
Now she's in the hospital
She has a child
Where is he now
Without his mother
When is she coming home
Will she ever
Broken body
Breaking inside
Wish to go home
Come home
See her son
Her husband- her family
Come home
Go home

--Audrey Smith

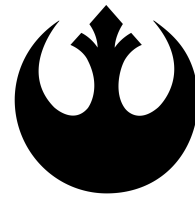
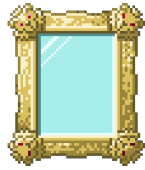
More poetry

INSIDE

Inside
She wants to weigh in
Only wants to stay in
Inside
Inside the house
Inside her body
Until the food is
Outside her body
And then its inside
Plastic bags
That she can weigh in
She's not playin'
It's all for real
It's all too real
Makin' deals
With the devil
Inside.

-- Megan Cramer





Mirrors - Windows - Rebellions

What character is a mirror to you or your life? What do they reflect in you or about you?

What character's situation make you see an issue or someone's perspective more clearly? What are you seeing and why?

What in the play makes you want to rebel? What are you rebelling against? Why is it needed?

Resources and Info

In *The Student Body*, there is talk of eating disorders and other forms of mental health struggles. In the following slides, we share some information about eating disorders and provide a list of call lines, links, and resources.

Eating Disorders

Eating disorders are commonly caused by the need of control over oneself and their bodies. This can take the form of body dysmorphia, the want to control something that isn't there, and mental disabilities like depression and anxiety.

Eating disorders can severely dangerous to any person physically and mentally. It is important to know these eating disorders to make sure you or a friend isn't suffering from one.



Anorexia Nervosa

This is when a person fasts to try and lose weight.

It is hard to discover and can lead to fatality.

Symptoms

- Diets that include insufficient amounts of calories/food
- Extreme weight loss
- Body dysmorphia
- Hair loss
- Constant lightheadedness

Results

- Hair loss
- More body hair
- Heart problems
- Gastrointestinal problems
- Neurological problems
- If not treated properly, can be fatal



Bulimia Nervosa

This is when a person consumes the food but before it can process, they purge to try and avoid gaining weight. Like many eating disorders, Bulimia can be hard to discover in people but can lead to fatality if not treated.

Symptoms

- Eating too much then using the restroom for a long period of time after
- Obsession with weight
- Talk of being too large
- Fasting
- Binging and purging

Possible Results

- Irritated or ruptured esophagus
- Irritated stomach
- Damage in the intestines
- Reproductive issues (can cause birth defects and miscarriages)

Examples of Related Health Problems:

Anxiety, depression, OCD



Binge Eating Disorder

Binge eating consists of consuming large amounts of food and not being able to stop. This can result in weight gain, vomiting, fluctuations in energy levels, digestive discomfort and inflammation.

- Symptoms:
 - Eating large amounts of food over a short period of time
 - Feeling it's out of your control
 - Eating when full or not hungry
 - Eating until uncomfortably full
 - Eating in isolation
 - Feeling depressed, ashamed, disgusted about eating
 - Dieting numerous times

Causes: It can be caused by stress or a range of emotions which would indicate emotional eating. It can also be based on genes, family habits, depression, anxiety, dieting, and insecurities.



Resources

Eating Disorder Links/Resources

<https://www.healthline.com/nutrition/common-eating-disorders?scrybrkr=b44c31e5>

<https://www.nationaleatingdisorders.org/help-support/contact-helpline>

Learn more about anorexia or find help at:

<https://www.psycom.net/eating-disorders/anorexia/?scrybrkr=c4cb663d>

<https://www.webmd.com/mental-health/eating-disorders/anorexia-nervosa/self-care-anorexia>

<https://www.helpguide.org/articles/eating-disorders/eating-disorder-treatment-and-recovery.htm?scrybrkr=2af08ee3>

Learn more about binge eating or find help at:

<https://www.mayoclinic.org/diseases-conditions/binge-eating-disorder/symptoms-causes/syc-20353627?scrybrkr=54087488>

<https://www.nationaleatingdisorders.org/help-support/contact-helpline>

https://www.healthline.com/nutrition/how-to-overcome-binge-eating#TOC_TITLE_HDR_5

