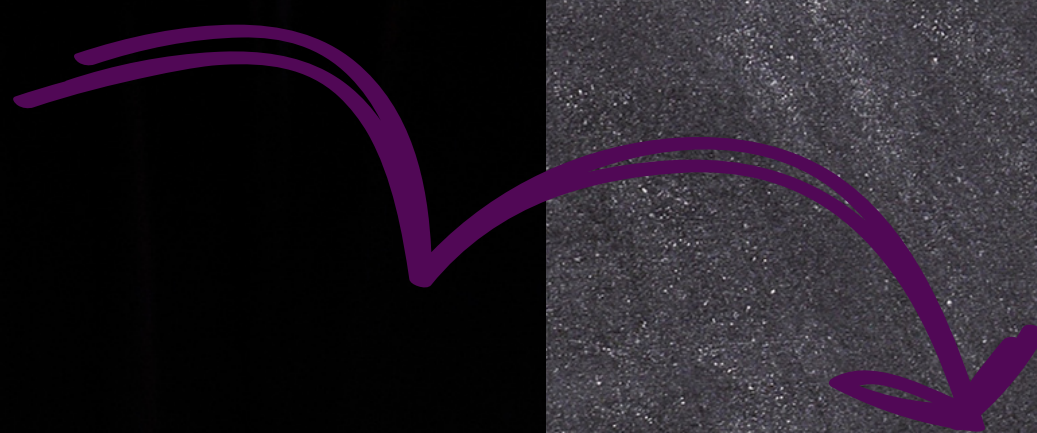




# Instant

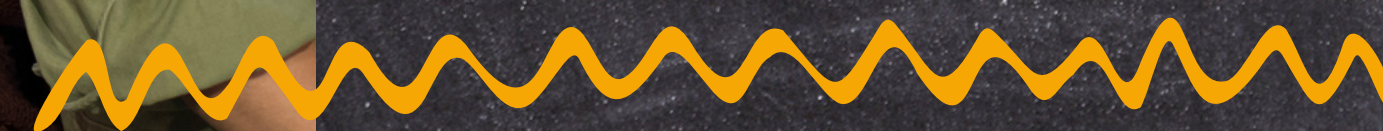


GEORDIE THEATRE: FAMILY GUIDE



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# What is Geordie Theatre?

We are an award-winning professional theatre company that has presented live English-language productions for young audiences in Quebec and abroad since 1980. Pushing artistic boundaries with provocative and important stories, Geordie delivers more than 200 performances each season and reaches more than 37,000 young people and their communities annually.

Our 2Play Tour takes theatre to communities across Eastern Canada. *Instant* was originally performed on tour in 2017 for high schools and CEGEPs, followed by a residency at Young People's Theatre in Toronto and receiving a Montreal English Theatre Award (META) for Best New Text. It has been reimaged for our 2023-2024 tour.



## Instant

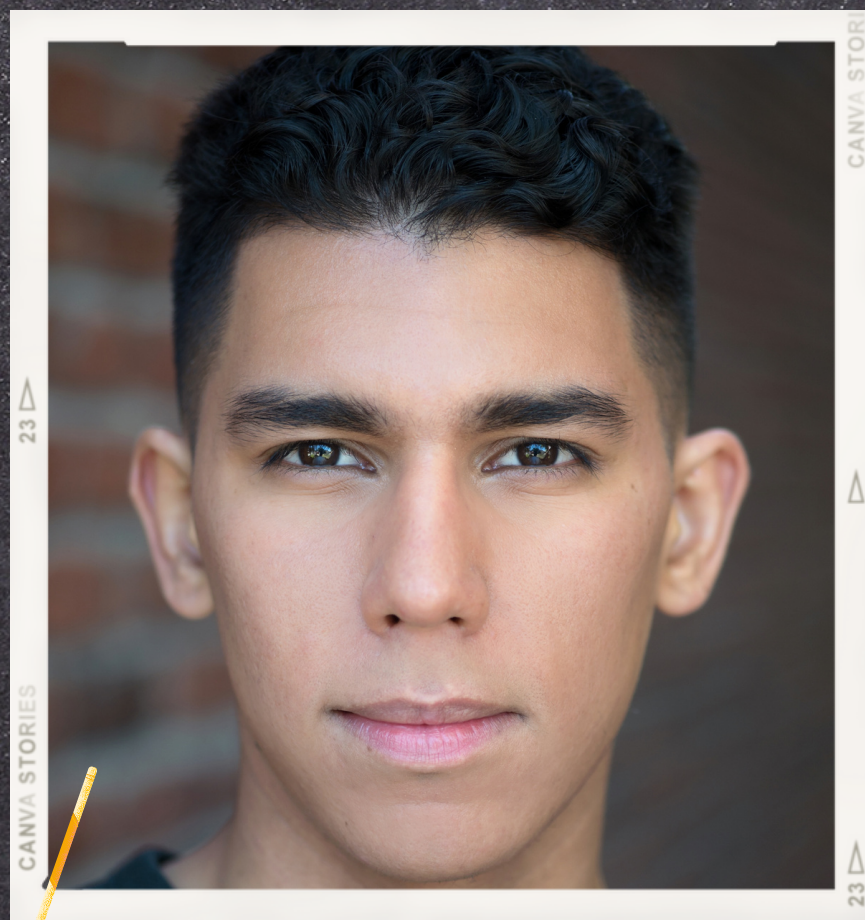
In Instant, three teens find out how far they'll go in their quest to be seen and heard. Meredith is a singer-songwriter who makes YouTube videos of covers in an attempt to gain Internet fame. But her friend Jay, a rising hockey star, can't understand why she won't post her original songs. When their classmate Rosie suddenly goes viral after a video is posted of her singing to raise money for her father's medical bills, Meredith's jealousy takes over and she pushes Rosie too far, triggering a near-deadly response.



# Meet the Characters



Masha B as Meredith



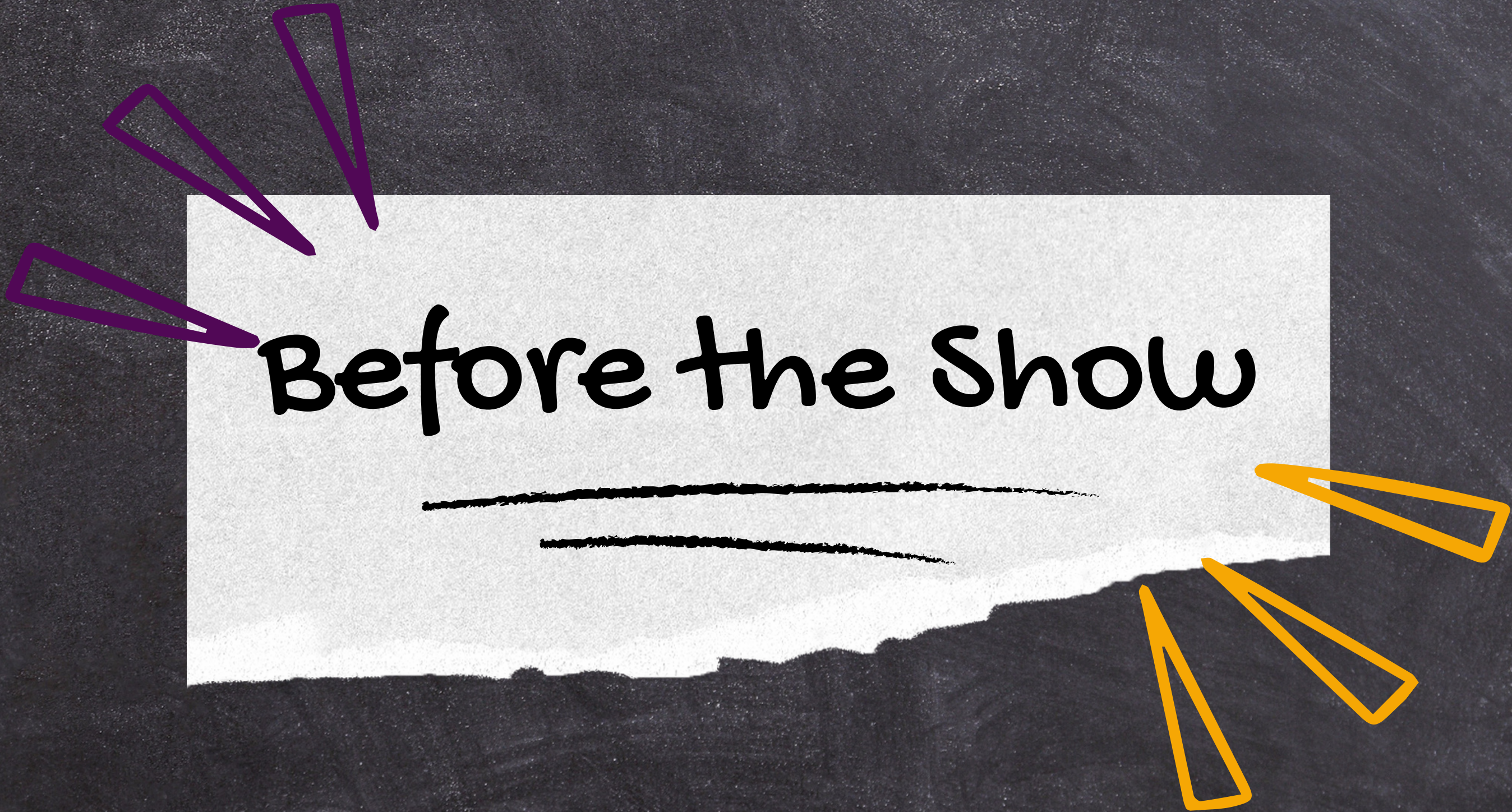
Sebastian Q as Jay



Meenu A as Rosie



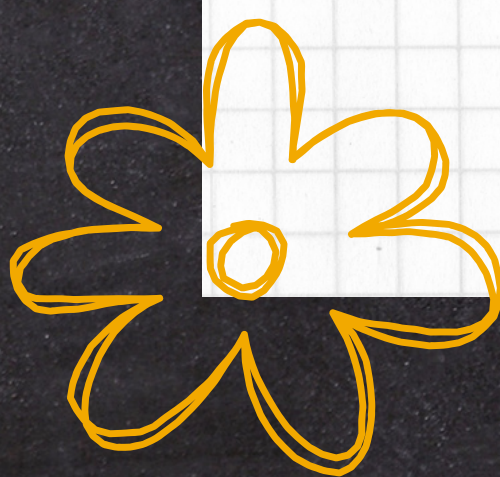
Before the Show





# A note for families...

There is sensitive content in *Instant* that may be difficult for some audience members. If you or your teen are in need of a quiet moment while you're at the theatre, we invite you to check out the Salle de Repos. A Maison Théâtre usher or Geordie staff member will be happy to help! For more information on the content, visit the appendix in Section 5.





# Ancestral Teachings



Geordie's home is on Tiohtià:ke, the indigenous name for land we call Montreal. As a way to honour the caretakers of the land, we use these seven Ancestral Teachings to guide our work.



Truth	Humility	Wisdom
Respect	Love	Honesty
	Courage	

How are the teachings present in Instant?



Let's think about...

**Love**

**What's a way you show yourself love and compassion?**

**What does it take to respect or show compassion to someone you're not close with?**

**Truth**

**Have you ever felt like someone was being insincere with you? What did that look like, how can you tell?**

**Where does the need to post (on social media) come from?**



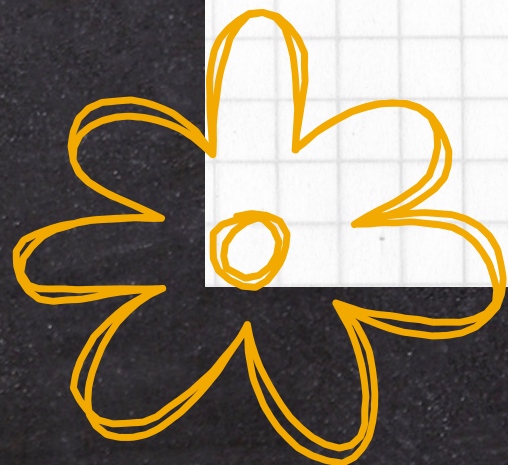
# Meredith: Social Media and Cyberbullying

All three characters are actively on social media; Meredith posts videos of her cover songs and highlights from Jay's hockey games, while Rosie posts videos of her original songs for a crowdfunding campaign. When Rosie's videos rise in popularity, Meredith makes impulsive choices to take her down a peg.

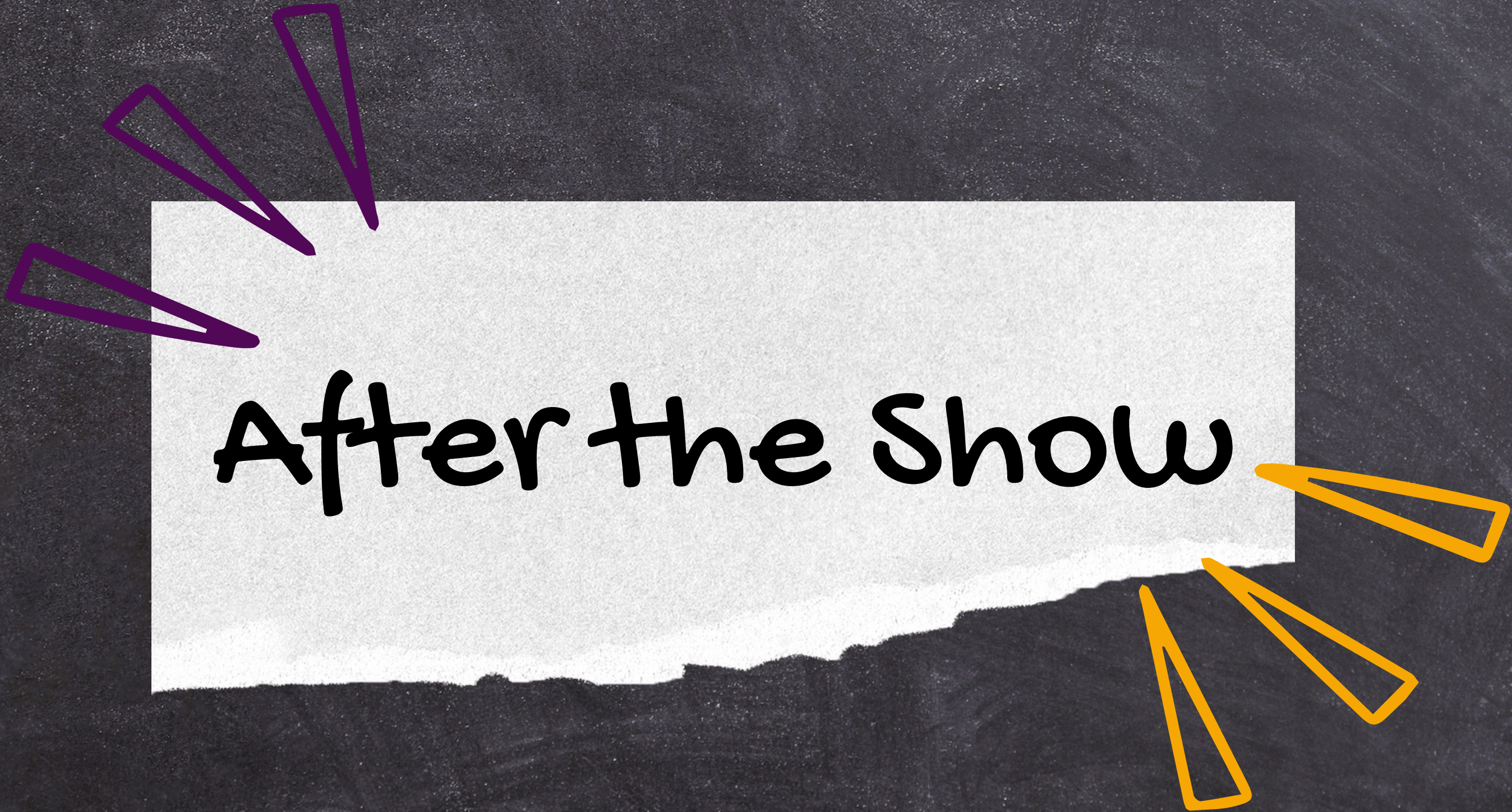
**How can we be more conscious of our digital footprint?**

WATCH: [Healthier Social Media Habits](#)

READ: [How to Talk to Kids and Teens About Social Media](#)



After the Show





Let's think about...



## Love

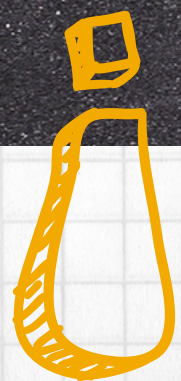
To know love is to know peace. How have you found peace after a difficult time?

In what ways do Meredith, Jay, and Rosie demonstrate love?

## Truth

Truth is carried by the turtle; he is slow and meticulous. How important is it to take your time when telling the truth with your friends and family?

Which character do you most strongly identify with? What draws you to them?

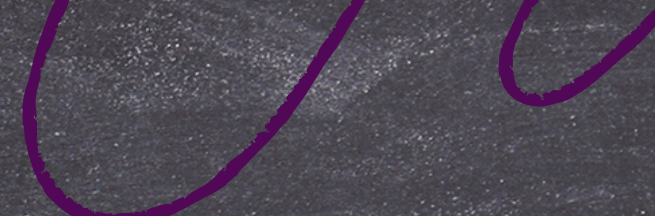
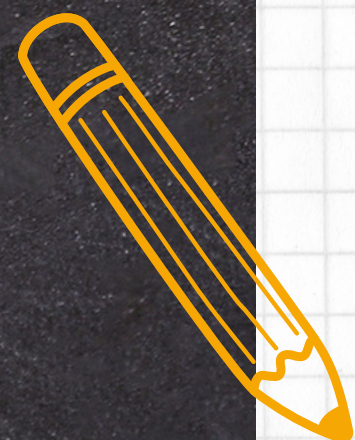
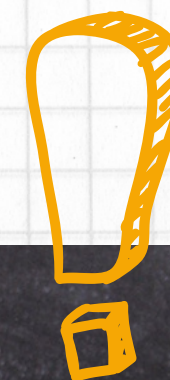


# Jay: Navigating Anger

Jay's mother is impulsive, loud, and aggressive at home and during his hockey games. This embarrasses him, and it is something he works hard not to replicate because he doesn't want to be the angry "enforcer". When another player provokes him about his mother's behavior during a game, he starts a fight resulting in a suspension.

**What did you witness from Jay's game? Does this reflect any experiences in real life?**

READ: Teens and Anger



# Rosie: Suicide and Mental Health

## Warning Signs

Rosie fixates on the negative comments and parody videos from her peers. **She becomes withdrawn**, no longer eating or leaving the house to go to school or her brother's hockey games **and does not reach out to ask for help.**

## Response from Peers

When Rosie posts about her suicide attempt online, Jay and Meredith rush to her home to stop her. Meredith contemplates notifying Rosie's parents or emergency services, but Jay is insistent they'll run out of time. **Both feel in part responsible for Rosie's attempt but should not have handled it alone.**

## Given Circumstances

On top of typical teenage stressors, Rosie has a chronically ill family member she feels the need to support. Rosie does not have many strong connections at school and cares a lot about the interactions she has online. After a video of her inebriated behavior at a party is posted to social media, she receives negative comments en masse, and her crowdfunding videos are made fun of.

**Rosie is having a difficult time and doesn't have anyone to talk about it with. When her safe space (online) is tampered with, she feels even more alone.**

## Recovery

Following Meredith and Jay's intervention, Rosie and Meredith start making music together. Rosie starts receiving professional help and moves forward into the summer and the next school year with various ups and downs. **This exemplifies there will always be difficult times, but they are never permanent.**

More Support on Suicide Awareness and Prevention



## Appendix for Sensitive Content

- **MS/Family Illness:** Rosie's father is living with Multiple Sclerosis. His ongoing medical needs motivate her to post her music online to crowdfund for the expenses.
- **Cyberbullying:** Meredith creates an anonymous profile to post negative comments on Rosie's social media.
- **Alcohol Consumption:** Rosie drinks to the point of inebriation at a house party. The host aggressively hugs her, which leads to accidental urination in front of her peers. This is then posted to social media.
- **Suicide Attempt:** Rosie attempts suicide in response to her experiences. Upon seeing her post about it online, Jay and Meredith rush to Rosie's home to try and save her. Rosie survives and receives professional help at the end of the play.





THANK  
YOU

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