

THE BODY POLITICAL

with Laika Fox & Andi Stardust

Message/ Topic

- Revealing invisible moments- Inviting the audience to witness an experience that has been silenced, overlooked, or questioned
- Personal experiences (external) - Messages put on your body by outside forces
- Personal experiences (internal) - Messages you tell yourself about your body
- Group identity experiences - How systemic oppression perpetuate the ways we are seen within a group identity
- Shit that you're really mad about
- Using the stage to create a vision of the world you want to live in

Tips:

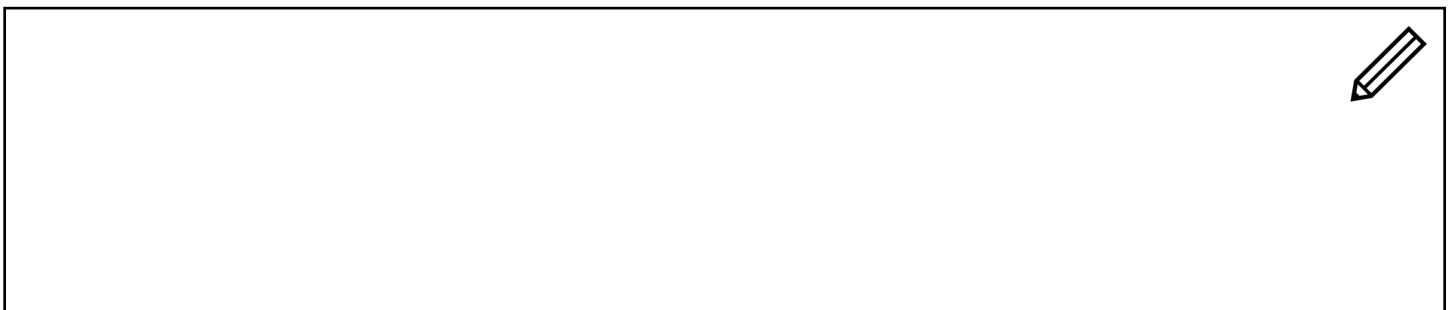
- The more personal, the better
- Think through the impact of your act
- Consider what you're leaving the audience with



Approaches

- Confrontational- Blatant, in your face message, often causes extreme reactions from the audience
- Subtle- Emotional exploration, works with or without the context of the act but still evokes emotions
- Humor/ Absurd- Parody, exaggeration, absurdity, blowing up the topic so it is seen for what it really is
- Story Arc- Transformational experience
- Subverting Expectations- Leading the audience on to make assumptions/expect something from the performer and then making a radical switch at the end

Approaches can overlap and often do!

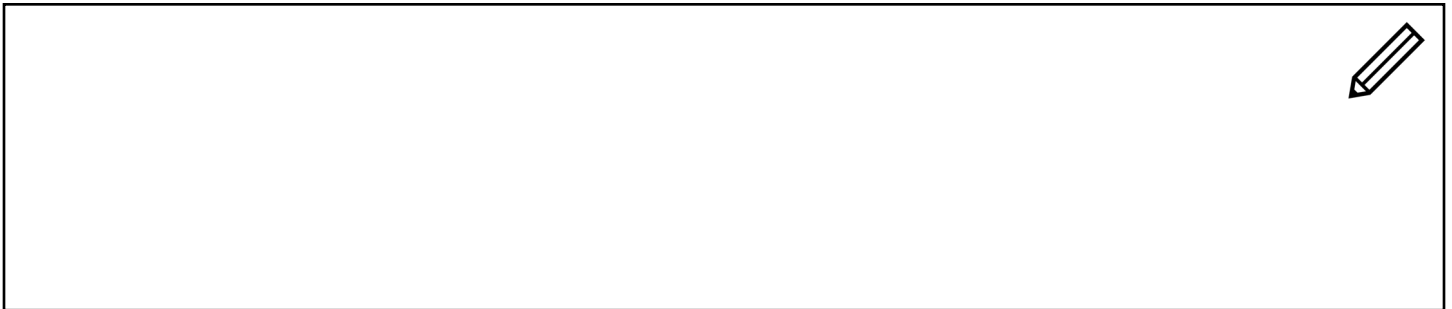


Getting it Across

- Character
- Story
- Costume/Props
- Reveal
- Music
- Movement

Best practices:

- Ask yourself, “What is the simplest form of this act that I need to get my point across?”
- Ask yourself, “Will the audience see/understand this?”
- Slow down and let the audience receive your message
- Connect your message to your strip



RESOURCES

Watch the full videos of acts about the body at:
thebodypolitical.com/workshop-resources

Share your ideas and give and get feedback in The Body Political Facebook Group:
thebodypolitical.com/workshop

Apply to the next Body Political:
thebodypolitical.com/apply