

Bellevue College
Physical and Emotional Relationships in Class and Rehearsal
A Statement of Understanding

Physical contact between teacher and student, student and student, and student and the self, is a traditional and effective pedagogical tool used to train actors in acting classes, rehearsals, and coaching sessions. Students should also be ready to be challenged in many ways as they work or rehearse.

As stated in our syllabus:

In this course, college students are expected to read, explore, practice, and perform adult material. This is the kind of material being performed at the college, semi-professional, and professional levels. Though it may challenge your politics, values, religious beliefs and/or personal comfort level, I encourage you to welcome and explore those challenges.

This class requires that each student take emotional, intellectual, and some minor physical risks. It is imperative that students maintain a high level of respect and support in and out of class. It is up to the student to make sure that their physical and emotional health is maintained in and out of rehearsal and performance.

The instructor (director) may employ gentle touch in order to educate and facilitate:

- 1. The execution of safe and effective motion**
- 2. Improved alignment**
- 3. Help with breathing and sound production**
- 4. The identification of habitual holding patterns and areas of tension**
- 5. An increase in flexibility and/or mobility**
- 6. An increase in release and/or relaxation**
- 7. The deepening of an emotional or behavioral response**

Physical contact will only take place during class time and rehearsals with other students present and aware that the contact is being made. This physical contact is never intended to be sexual in nature nor demean the student in any way. If the student has an injury, chronic condition, or area of sensitivity or pain, please notify the instructor or scene partner.

If the student is uncomfortable at any time with the physical contact, they should inform the instructor immediately, or after class, whichever the student prefers. The instructor will cease this contact with that particular student and discuss the practice at a later time.

A request to cease any physical contact will have no effect on the student's grade.

It is the student's responsibility to inform their student scene partner of any uncomfortable physical contact. The other student must then immediately cease the contact. If the problem persists, it is the student's responsibility to inform the instructor.

It is also the responsibility of the student to bring to the attention of the instructor any discomfort around issues of language, emotional distress or incident.

My signature below confirms that I have read and understand this statement.

Name (please print) _____ Class and Quarter _____

Signature _____ Date _____