The Strangers
By
Christopher Oscar Peña

Dramaturg Book
By
Sammi Pierce

Table of Contents

Hello All,

It has been an honor to compile a manual for the production company to be able to use in the guiding of this show. In the following pages you will find information over some serious topics that are being discussed throughout the process. If you have any questions, or need further clarification on things, please feel free to reach me at slp060@shsu.edu.

1. Mental Health:
  a. **What does Mental Health exactly mean:**
      i. **Mental health includes the cognitive, behavioral, and emotional well-being of a person. Looking after mental health can preserve a person's ability to enjoy life. Doing this involves reaching a balance between life activities, responsibilities, and efforts to achieve psychological resilience.**
  b. **How to Seek Help**
      i. **Many people end up not seeking help due to the lack of resources regarding many disorders. For students, the campus health center provides 10 free therapy sessions a semester, along with group therapy options. For non-students at SHSU, many local governments/private businesses (planned parenthood) provide free services to qualifying residents.**
  c. **Resources for Help:**
      i. **800-273-8255(suicide hotline)**
      ii. **1-800-487-4889(national helpline. Offers more services other than suicide prevention)**

2. **LGBTQIA Community:**
   d. **What does LGBTQIA mean:**
      i. **LGBTQIA is an acronym that stands for lesbian, gay, bisexual, transgender, queer(some people also use the q to refer to as questioning), intersexual, and asexual. The acronym is used to refer to the community as whole to represent all types of love.**
   e. **Pronouns and why it is important:**
      i. **Referring to someone as their correct pronouns is extremely important. Pronouns help people know how to refer to someone, and it also gives a sense of identity.**
      ii. **Pronouns:**
         1. **She/Her**
         2. **He/Him**
         3. **They/Them**
         4. **ze/zir/zirs**
         5. **she/they or he/they**
         6. **Just my name please!**
   f. **Resources for Help:**
      i. **Many times you, or someone you might know, might be in a bad situation, may need help getting out of an unstable space, or just might be struggling with sexuality. Here are some resources that will be able to help:**
         1. **(866) 488-7386: The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.**
         2. **The GLBT National Youth Talkline (youth serving youth through age 25): (800) 246-7743**
         3. **Trans Lifeline: (877) 565-8860**
         4. **The National Runaway Safeline: 800-RUNAWAY (800-786-2929)**
         5. **The True Colors United: (212) 461-4401**

3. Sexual Assault:
   g. **What does sexual assault mean?**
      i. **The term sexual assault refers to sexual contact or behavior that occurs without explicit consent of the victim. Some forms of sexual assault include:**
         1. **Attempted rape**
         2. **Fondling or unwanted sexual touching**
         3. **Forcing a victim to perform sexual acts**
         4. **Unconsented penetration of the victim's body**
   h. **Statistics:**
      i. **Every 68 seconds an American is sexually assaulted, and every 9 mins a child is assaulted. 1 in 6 women have been a victim of any form of sexual assault. On college campuses 4 out of 5 students will also experience forms of assault. Even with the numbers still high, sexual assault has decreased by half in the last 20 years.**
   i. **Ways to prevent sexual assault:**
      i. **Educate properly about consent and what it means to its full extent**
      ii. **Speak up when you notice something off**
      iii. **Protect each other**
      iv. **Know the signs of potential sexual assault along with ongoing sexual assault**
   j. **Resources for Help:**
      i. **The National Sexual Assault Online Hotline (https://hotline.rainn.org/online)**
      ii. **800.656.HOPE (4673)**
      iii. **RAINN mobile app**