



30 March 2009

## Young people premiere 'Songscales' documentary

Eleven young people will share their musical heart and soul this weekend when their documentary 'Songscales' premieres on local radio.

An initiative of BoysTown's Art Therapy Program, this 25 minute commentary, with a backing musical track created and performed by the young people in conjunction with Dubwise Studios, presents the community with a unique look into how music and song impact on Australian youth.

The project's coordinator and BoysTown Art Therapist Kandy McCouat said that to many young people, songs and music are the air they breathe and the language they speak.

"Young people have been overwhelmingly enthusiastic about the opportunity to engage in meaningful discussion about something so crucial to their journey," Ms McCouat said.

"This project has allowed them to share the ways they use music in their lives, which include as a form of communication, to build identity, as an outlet for emotions, a tool for healing, for fun and excitement, and as a way to build community.

"These young people are offering the community profound insight into the multiple ways music accompanies all of us in life."

According to Ms McCouat, with its diversity of styles, experience and appreciation, music is both a familiar and common ground for many people to meet, encouraging greater tolerance, acceptance and appreciation of difference.

"Songscales weaves together young people's thoughts and feelings about music, and the ways it heals, supports, enlivens, transforms and enriches how we experience the world," she said.

Listening to what 'Songscales' contributor 19 year old Kristen has to say we learn how important music has been in her life.

"I've got a special playlist on my computer to lift me up. They're all encouraging songs to help me get through and make me realise I'm not the only one struggling," Kristen said.

One such song was written by Kristen and her friend when she was just 13 years of age.

"I can see it in your eyes, I can see it in disguise, I can tell you'll be happy to see me, you miss me when I'm not around, you love it when I am, and that's what best friends do."

To hear more of 'Songscales' tune into **Logan City's 101FM Random Outburst program from 8pm on Friday, 3 April** or **4ZZZ on Saturday, 4 April from 1pm** or visit [www.boystown.com.au](http://www.boystown.com.au). Along with the 'Songscales' track the programs will also feature interviews with contributors to the project.

The 'Songscales' project received support from the Logan City Council as part of National Youth Week. The 'Songscales' CD is available for purchase by calling Kandy McCouat on 07 3387 8800.

Photographs are available on request.

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