

COUNTY OF BERGEN  
Department of Human Services  
Division of Family Guidance

CONTACT:

**REFLECTIONS**

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## What is Reflections?

Reflections is a volunteer teen theater group run by the Bergen County Division of Family Guidance. The ensemble presents improvised scenes on a variety of topics which confront young people today: bullying, self esteem, peer pressure, parent/teen communication, decision- making, prejudice, divorce, dating, sexuality, substance abuse, and more. The purpose of the performances is to provide a forum for discussion.

After the scenes are performed, cast members stay in character and have an interactive discussion with the audience. The discussion is facilitated by the Reflections Supervisor.

During the interactive part of the program, audience members may suggest other ways for the scene to work. Cast members will improvise variations suggested by the audience, providing viewers with the opportunity to learn alternative ways of handling situations.

At the end of each performance, cast members introduce themselves and answer questions from the audience.

# REFLECTIONS

## What are the Outcomes?

Reflections provides audiences with a creative way to introduce sensitive material to children, adolescents, and adults. The theatrical mode invites open, honest communication while also serving as an innovative teaching tool. The content of the troupe's performances can be tailored to fit the specific concerns of the audience. The performance leads to better understanding of the issues confronting both teenagers and parents.

## Who Can Join Reflections?

Students from Bergen County high schools who are interested in acting and theatrical techniques and are willing to make a commitment to a community service. Participation in Reflections includes attending weekly rehearsals and performing on a regular basis.

Reflections welcomes teenagers in grades nine through twelve who are seeking creative ways to explore social issues in a supportive atmosphere. Actors do not need to have a background in drama. They do need to be comfortable in the spontaneous environment of improvisational theater, and must work well in a group setting.



## How Can Groups Schedule Reflections?

- **Call (201) 336-7361**
- Showtime, including interactive discussions, ranges from 45 to 90 minutes.
- Performances may include up to three different topics.
- The performances are geared to grades six to adult.
- Audience size ranges from 15 to 100 people.
- Performances are scheduled during school days, weeknights or weekends.
- The Reflections ensemble may be booked for Family Guidance programs, staff training, assembly programs, parent associations, client groups, conferences, community groups, and parent/child audiences.