



# REFLECTIONS and RISE Teen Improvisational Theater Programs

## What is Reflections?

Reflections is a volunteer teen theater program that runs throughout the school year to prepare and present improvised scenes on a variety of topics and timely issues. The purpose of the performances is to provide a forum for discussion.

Topics include, but are not limited to, bullying, self-esteem, peer pressure, decision-making, prejudice, parent/teen communication, dating, divorce, sexuality, substance abuse, and more.

After the scenes are performed, cast members stay in character and engage in an interactive discussion with the audience, facilitated by the Reflections supervisor. During the interactive part of the program, 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 come out of role, and share their own personal thoughts on the issues addressed.

## What is RISE?

RISE (Reflections Interactive Summer Experience) is a program like Reflections, but is offered only in the Summer.

## What are the Outcomes?

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

## Who Can Join Reflections?

Reflections welcomes Bergen County teens (grade 9-12) who are seeking creative ways to explore social issues in a supportive atmosphere, and can make a commitment to a community service.

Members do not need a background in drama, however, they should be comfortable being spontaneous and working in a group. Participation in Reflections includes attending weekly rehearsals and performing on a regular, rotating basis. The program is flexible enough so that cast members can participate in other extracurricular activities.

Contact Reflections for an application.

## Who Can Join RISE?

Bergen County teens who have just completed 8th grade through those who just graduated high school, who would like to spend time over the summer, learning improvisation, participating in performances and workshops, and meeting other teens with similar interests. Cast members can participate as little or as much as their summer schedule allows.

Contact RISE for an application.

## Reflections and RISE Performances

- Range from 45 to 90 minutes including interactive discussions.
- May include up to three different topics.
- Facilitate discussion on a variety of issues.
- Are geared towards adolescents and adults.
- Range in audience size from 15 to 100 people.
- Can be scheduled during the days, week-nights or weekends for school assembly programs, community groups, parent associations, combined parent/child audiences, conferences, staff training and summer camps.

## Workshops

Reflections and the RISE programs are available to conduct hands-on, interactive workshops that will provide your group with an experience of learning improvisational games and theatrical skills to address adolescent issues.



**County of Bergen**  
**Department of Human Services**  
**DIVISION OF FAMILY GUIDANCE**

**MISSION STATEMENT**

Bergen County's Division of Family Guidance provides clinical, residential, educational, correctional, case management and monitoring services to at-risk children, adolescents, and families, particularly those who are otherwise unable to receive needed services.

**THE FAMILY GUIDANCE VISION:**

The Division of Family Guidance is Bergen County's resource for youth and families in need.

**Values:**

- Collaborative, Creative, and Empirically Driven Programming
- Safe, Respectful, Dependable, Therapeutic Environments
- Developmentally Appropriate Expectations
- Empowerment through Opportunity
- Community Safety

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**REFLECTIONS**

*Teen Theater Program*

**and**

**RISE**

*Reflections Interactive*

*Summer Experience*



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