

Choose Your Life

Creating a culture of caring

A Kaiser Permanente
Educational Theatre
Program



“Choose Your Life mirrored our Olweus Bully-proofing program so nicely, giving the same message we’ve given in the classroom. The actors made it funny for our older crowd, and interactive.”

– Elementary Educator

AT A GLANCE

Program Name
Choose Your Life

Target Group

Upper Elementary School
6th Grade Middle School

Program Intent

To inspire a culture of caring by providing students with skills to handle bullying situations

Program Description

A live-action, multimedia play for upper elementary students that defines bullying situations, what it means to be targeted, and how to be a courageous bystander.

Cost

Free to schools and youth groups along Colorado’s Front Range — from Longmont to Colorado Springs.

Information

Call 303-344-7259

No Bully Zone

Choose Your Life is a high energy, live-action play where a game show invades the lives of four unsuspecting students, and challenges them to examine their choices. The play presents some common forms of bullying: texting, tripping, verbal teasing, and exclusion. The characters are given six positive, practical strategies for handling bullying situations.

The audience also gets visited via “live” satellite by Carlotta Walls Lanier one of the “Little Rock Nine,” who talks about her harrowing experience of being one of the first African American students to be integrated into a previously all white high school in Little Rock, Arkansas. Throughout the play, characters elicit help and input from the audience as they face the challenges of creating a culture of caring in their school.

Choose Your Life supports research and content found in the Olweus Bully Prevention program, the Stop! Bullying Now program, and other research-based bully prevention sources. Additionally, **Choose Your Life** can be used to support strategies the Second Steps program, as well as the Schoolwide Positive Behavior Support program which is in place in over 70 Colorado school districts.

Scheduling Choose Your Life

The following criteria are required for hosting the performance:

- A minimum audience size of 100 and a maximum of 400 are recommended.
- A minimum ceiling height of 15 feet and a 30’ x 30’ flat floor are required for the performance space (this does not include audience seating).
- 1 hour is needed for set-up; 1 hour is needed to take down the set.

Two performances can be presented at the same location in one day.

FURTHERING KAISER PERMANENTE'S PREVENTION EFFORTS

Kaiser Permanente, a major nonprofit health plan, brings health education to our communities free of charge through our Educational Theatre Programs. What started as a single play for elementary school children in 1985 has become a series of award-winning theatrical productions, skill-building workshops, and youth engagement programs designed to meet the unique health needs of the communities we serve.

Kaiser Permanente has assembled an ethnically-diverse group of professional actors, who also serve as skilled workshop facilitators, health educators and role models to the people they meet every day. Through theatre, Kaiser Permanente seeks to measurably improve the health of our communities.

Supporting Colorado Academic Standards

Choose Your Life supports many of the academic standards for 3rd, 4th, 5th and 6th graders:

Comprehensive Health: Physical and Personal Wellness

Comprehend the relationships among feelings and actions (6th)

Comprehensive Health: Emotional and Social Wellness

Utilize knowledge and skills to treat self and others with care and respect (3rd)

Demonstrate interpersonal communication skills to support positive interactions with families, peers, and others (3rd)

Identify the positive behaviors that support relationships (4th)

Analyze internal and external factors that influence mental and emotional health (5th)

Comprehensive Health: Prevention and Risk Management

Demonstrate skills necessary to prevent a conflict from escalating to violence (4th)

Demonstrate pro-social behaviors that reduce the likelihood of physical fighting, violence and bullying (5th)

Demonstrate self-management skills to reduce violence and actively participate in violence prevention (6th)

Demonstrate ways to advocate for safety, and prevent unintentional injuries (6th)

Civics: Civics Standard

Analyze and practice rights, roles and responsibilities of citizens (5th)

Understand civic ideas of equality, respect and responsibility (5th)

Reading, Writing, Communicating: Oral Expression and Listening

Acquire listening strategies to understand different situations (5th)

Collaborate as group member and actively listen, respectfully pose thoughtful questions, contribute ideas and acknowledge the ideas of others (6th)

Reading, Writing, Communicating: Research and Reasoning

Articulate the position of self using experiential and material logic (4th)

Consider all implications of own thinking and behavior, and that of others (4th)

“The show reinforced much of our ‘Second Step’ program here. The students were entranced by your actors and loved the technology addition. The bullying complaints have gone down since the play.”

– Counselor