

# SitComm

Situational Communication skills  
for positive relationships between youth and adults

A Kaiser Permanente  
Educational Theatre  
Program



**“This impacted my family because now we know there is a way to solve your problems without yelling.”**

– Youth Participant

## ATA GLANCE

**Program Name**  
SitComm

**Target Group**  
Middle/High School Youth  
Parents and Caregivers

**Program Intent**  
Strengthen youth/adult relationships by increasing the capacity for positive communication.

**Program Description**  
Using scenes from family life as a spring board, this program helps families learn and practice positive communication skills.

**Cost**  
Free to schools and nonprofit groups along Colorado's Front Range — from Longmont to Colorado Springs.

**Information**  
Call 303-344-7820

## Fostering Connection Through Positive Communication

The **SitComm** program consists of a series of workshops exploring five different communication skills:

- Responding Calmly
- Listening to Understand
- Identifying Feelings, Needs and Strategies
- Negotiating Different Perspectives
- Sharing Appreciation

Each workshop session uses theatre to portray different situations that happen in everyday life. The scenes introduce challenges that youth and adults face in communicating effectively with one another. Creative games and activities are used in each session to provide opportunities for adult and youth to interact and connect, as well as practice the skills taught in that session.

## Rationale

Positive family communication is a developmental asset providing young people the support they need to make healthy choices. Youth who maintain strong relationships with their parents and other caring adults are more apt to avoid risky behaviors. Research\* indicates that youth who possess these attributes thrive in making life-affirming choices and cultivating successful relationships.

*\*Lerner, R., Ph.D (2007) The good teen: rescuing adolescence from the myths of the storm and stress years. The Stonesong Press, LLC; New York, NY.*

*\*Scales, P., Ph.D and Leffert, N. (2004) Developmental assets: a synthesis of the scientific research on adolescent development. Search Institute; Minneapolis, MN.*

## 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.

### SitComm Supports Community Initiatives

**SitComm** can be used to support the strategies of school-wide Positive Behavior Support (PBS), an approved approach by the Colorado Department of Education, that encourages positive behavior and interactions in students by creating a unified social-culture “where students achieve academically and build positive relationships with each other and with adults\*.” PBS is in place in over 70 Colorado School Districts.

*\*Horner, R., Ph.D (2008). OSEP National Technical Assistance Center on Positive Behavioral Interventions and Supports. <http://www.cde.state.co.us/pbs/>*

### SitComm Supports Colorado Academic Standards

Colorado Academic Standards for middle and junior high school students are addressed in SitComm, including:

#### Comprehensive Health: Physical and Personal Wellness

- Comprehend the relationships among feelings and actions (6th grade)
- Demonstrate effective communication skills to express feelings appropriately (7th grade)
- Develop self-management skills to prevent and manage stress (7th grade)

#### Reading, Writing, Communicating: Oral Expression and Listening

- Listen actively, pose thoughtful questions respectfully, contribute ideas (6th, 8th grades)
- Apply effective speaking techniques (7th grade)
- Listen critically to speaker's message, evaluate arguments (9th grade)
- Explain how experiences, values and beliefs affect communication (9th grade)

#### Reading, Writing, Communicating: Research and Reasoning

- Monitor thinking of self and others; disciplined way to maintain awareness (6th grade)
- Notice vested interest or passion associated with content (7th grade)
- Analyze purpose for question at issue, points of view, and assumptions (8th grade)

### Scheduling SitComm

**SitComm** is a flexible program designed for a variety of venues where youth and adults connect. The program can take place in a day retreat, over the course of a week, or once a month.

- A large open space with flexible seating or seating with additional open area is required
- Workshops are approximately 1.5 hours long
- 1/2 an hour is needed for set up and tear down
- A single workshop session, or a series of sessions may be scheduled
- A minimum of 40 participants is required

**“MANY PROGRAMS ARE JUST FOR YOUTH OR ADULTS BUT  
BECAUSE WE WERE TOGETHER WE ALL KNEW THE EXPECTATIONS  
AND COULD HELP ONE ANOTHER BE BETTER COMMUNICATORS.”**

**– Adult Participant**

To preview or to schedule a program, call 303-344-7820.

Visit us at our website [www.ETPColorado.org](http://www.ETPColorado.org)