

# Diabetes: A Family Matter

## *The SUGAR Plays*

### **Brief Description:**

The three *SUGAR Plays* offer a different way to provide diabetes education. Instead of using traditional education methods, these plays raise questions about what actually occurs when families in the Appalachian region live with diabetes. As the characters in each of the plays come to life, so do the problems that occur in everyday life. The plays entertain, but they also raise questions and depict many of the everyday concerns linked with diabetes risks and self-management. The plays also highlight the high risks of diabetes in families and provide ways to discuss family and community support for those living with diabetes.

### **Objectives:**

The purpose of this activity is to provide a way for a group of people to discuss concerns linked with diabetes and ways this relates to their families and community.

### **Participants:**

This can vary based upon the ways you choose to use the scripts. You will need people to read the scripts and then someone to lead the group in discussion. The plays can also be viewed through the viewer on the *Diabetes: A Family Matter* website <[www.diabetes.family.net](http://www.diabetes.family.net)> in the communicate section.

### **Costs:**

No significant costs for this activity

### **Activity Duration:**

The reading of each play will likely take between 20 to 25 minutes once you have started.

### **Materials Needed:**

On the *Diabetes: A Family Matter* website <[www.diabetsfamily.net](http://www.diabetsfamily.net)> in the *Toolkit Materials* section, you can find copies of the scripts for each of the three plays and a discussion guide for the plays. You can also view readings of all three plays via the internet at this site.

### **The Plays:**

Reading the plays together could be an interesting activity for a diabetes support group to complete together. The plays tell stories that relate to living with diabetes in the Appalachian region. The plays provide windows to consider various points of view and perspectives that family members might have when it comes to living with diabetes. It is likely that a group reading these plays will be able to see themselves or their family in at least one of the play characters.

You will need enough copies of the script so that each reader has a copy of whichever play you choose to read. As the leader, you should read through each of the plays so that you have a clear idea of the story told and the areas of living with diabetes that are touched upon. You will need to decide which play would be best for your group. You may decide to do all three over a period of meetings. It will take approximately 20 minutes or so to read each of the plays and you should allow

plenty of time for discussion. You can also view the plays at the *Diabetes: A Family Matter* website <[www.diabetesfamily.net](http://www.diabetesfamily.net)> if you prefer viewing as to reading them.

The *SUGAR Plays Discussion Guide* has been created to suggest ideas for follow-up group discussions after the play has been read. The guide contains ideas for use with small groups where either the video of the readings is viewed or the plays are actually read aloud and discussed. The guide suggests ideas for creating a talk-back session after the reading or enactment of each of the three plays. You can download all of these things from the *Diabetes: A Family Matter* website <[www.diabetesfamily.net](http://www.diabetesfamily.net)> in the *Toolkit Materials* section.

You may need to make some decisions about the way you want to conduct the follow-up discussion and how much time you want to devote to this activity. What goals will you want to accomplish through the interaction? How will you be sure to include everyone in the discussion? Once concerns have been expressed by the group participants, then how will you take this to a therapeutic level? How can group members provide support to one another? What resources can you share with the group that will be empowering?

### **Ways to Extend the Activity:**

You may want to consider doing all three plays as a community theatre production. This could provide a good way to get more community people involved and provide a way for them to learn more about diabetes in a fun way. This could also serve as a fundraising event for your *Diabetes: A*

*Family Matter* program. Go to the program website <[www.diabetesfamily.net](http://www.diabetesfamily.net)> in the *Toolkit Activities* section and see the **Community Theatre Activity**.

If you choose to use these plays locally, please post something about what you have done with them on the *Diabetes: A Family Matter* website. Go to the **Communication** section on the website to find a place to blog with others about your response to the plays and ways you have used them in your program or community. As people from various communities share the things they have done with these plays locally, new ideas for use can be generated.

If you complete this activity, be sure to return to the **Communicate** section of the *Diabetes: A Family Matter* website <[www.diabetesfamily.net](http://www.diabetesfamily.net)> and describe how you have used this activity in your community. Share the outcomes of the activity. What worked well? What did not work? By doing this, others across the Appalachian region can learn from one another about new and better ways to use these activities. It is likely that you will have some new ideas of your own to contribute.

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