

# SEASON THREE EPISODES & DISCUSSION QUESTIONS



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## EPISODE 1

### COMMUNICATION: How can we communicate assertively?

In Episode 1, Tayla and Nic unpack the different ways we can communicate assertively.

Discussion questions:

1. Have you tried to stand up for yourself but come off as aggressive/passive aggressive? What could you do differently next time?
2. Reflect on the situations Nic is in - how would you react? Why do you think that is?
3. How does it feel when someone communicates assertively?

## EPISODE 2

### RELATIONSHIPS: Navigating toxic relationships online

In Episode 2, Amal and Gian chat about the different ways toxic behaviour can look online.

Discussion questions:

1. What are the most common types of toxic behaviour you see online?
2. How do you respond when something makes you feel uncomfortable online? What would you do if you're friends with that person?
3. What advice would you give someone in Gian's situation?

## EPISODE 3

### MENTAL HEALTH: Using tech to support your wellbeing

The online world isn't all doom and gloom. In Ep 3, Tinky and Craig share different ways the online world can support our mental health.

Discussion questions:

1. Name three ways your favourite app contributes positively to your day-to-day life.
2. What's a new way you could use tech to better support you?
3. How can we create a supportive online world with our own social media?

## EPISODE 4

### VALUES: What matters most to you?

What do you really care about? Tinky and Izzy look at how our values shape our lives and how we can work out what we value.

Discussion questions:

1. What are the Top 3 values that matter most to you?
2. Why do you think it's sometimes difficult to communicate with people who have different values to us?
3. What are the differences between values, strengths and passions?

## EPISODE 5

### ONLINE WORLD: Taking control of your online platform

In Episode 5, Jayde and Izzy look at the ways we can shape our online platforms and take back control.

Discussion questions:

1. What's one thing you've done to take control of your online platform?
2. What advice would you give to a friend to make sure they're experiencing a variety of perspectives on social media?
3. How do you recognise when you need a break to avoid a "social media seesaw"

## EPISODE 6

### BODY IMAGE: Taking the power back

In Episode 6, Sneha, Craig and Jayde share how we can be empowered to take control of our body image.

Discussion questions:

1. What do you think causes images and content to be skewed towards certain ideals?
2. What are the top three body image issues facing young people in your school?
3. Think of a time where a friend is talking badly about themselves. What would you say to boost them up?

## EPISODE 7

### BULLYING: Tackling bullying with humour

Bullying is such a heavy topic. Episode 7 dives into the ways we can respond to bullying with \*plot twist\* humour.

Discussion questions:

1. What do you think stops people from standing up for themselves, or others, against bullying?
2. Which approach from the episode would you choose? Why?
3. What is another way to deescalate a bullying situation without using humour?

## EPISODE 8

### INDIVIDUALITY: What is normal?

Why does it feel like there's a set of rules for everyone to follow so we're all the same? Gian, Amal and Tayla have some ideas...

Discussion questions:

1. How do you think the idea of "normal" creates challenges in schools?
2. When is the first time you realised that there was a "norm" in society, the media, or at school? How did it make you feel?
3. If you sometimes feel like a circle, what are some things you can you do to elevate the stars in your life?