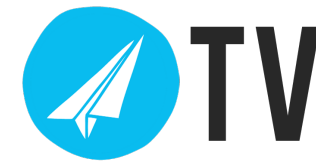


## SEASON TWO EPISODES & DISCUSSION QUESTIONS



## WATCH EPISODE 1

**LANGUAGE:** What weight do our words carry online?

Episode 1 unpacks the weight of words online where mishaps are common and people are often harsher than they are face-to-face.

Discussion questions:

1. Why do people sometimes feel the need to be harsher online?
2. Misunderstandings happen more often online, what are the biggest reasons why and how can we get around them?
3. What's the funniest autocorrect fail you've ever seen?

## WATCH EPISODE 2

**COMMUNICATION:** How do you prefer to communicate?

In Episode 2, we hear from people who prefer to communicate in ways other than talking - through sign, singing and speech aids.

Discussion questions:

1. What is your preferred way to communicate? What the benefits and challenges of communicating this way?
2. How can we build awareness and better understand people who best communicate in ways other than talking?
3. If you could learn a new form of communication overnight, what would it be and why?

## WATCH EPISODE 3

**RUMOURS:** how do we support someone targeted?

Episode 3 looks at gossip and the most helpful ways to support a friend who winds up at the centre of a rumour.

Discussion questions:

1. What do you think someone who having a rumour said about them would most want to hear from their friends?
2. In what way would you be most comfortable challenging rumours when you hear them?
3. How do rumours play out differently online versus offline?

## WATCH EPISODE 4

**CULTURAL DIVERSITY:** How do I celebrate my friends?

In Episode 4, we explore the assumptions that culturally diverse students often face at school and how to be more inclusive.

Discussion questions:

1. How could your school be more inclusive of culturally diverse students and people with families of diverse backgrounds?
2. Besides asking questions, what are some other ways you can be supportive of a friend who is culturally different to you?
3. Do you think stereotypes play a role in how people view culturally diversity? If so, how?

## WATCH EPISODE 5

SUPPORT: How can I get an adult to best support me?

Episode 5 breaks down that old 'talk to an adult' line to look at how to best work *with* trusted adults to get the support you need.

Discussion questions:

1. Who is the person who has given you the best support ever and why?
2. What are the barriers that hold people back from reaching out for support from adults? What are people afraid of?
3. If you could teach adults one thing about how to give you support better, what would it be?

## WATCH EPISODE 6

SEX ED: What topics do we need to talk about more?

Episode 6 is a quick conversation starter, listing the sex ed topics that high school students tell us they want to see discussed more.

Discussion questions:

1. Which of these topics do you feel should be spoken about more in school? What is it that you want to learn about them?
2. How do you think we could challenge assumptions when it comes to sexuality, gender, and sexual behaviour?
3. How can society reduce negative stigma or shame around talking about the stuff we need to know about sex?

## WATCH EPISODE 7

SUPPORT: How can I help someone with anxiety & stress?

Episode 7 dives into anxiety and stress with empathy and a tonne of ways to support a friend even if you don't fully understand.

Discussion questions:

1. What are some of the ways we could challenge any negative stigma around mental health?
2. How would you feel most comfortable supporting someone who is dealing with stress or anxiety?
3. What affects do you think having stress or anxiety would have on school?

## WATCH EPISODE 8

COMEBACKS: How can I stand up for myself?

Episode 8 launches a series of witty, funny, random (?) comebacks to shut down bullying without putting the other person down.

Discussion questions:

1. Why is it so hard to think of the perfect comeback when you need it most?
2. How is responding to a situation using a comeback more effective than responding with an insult?
3. Can you name a comeback (not an insult) you've used in the past? If not, can you think of any that you reckon might work?

## WATCH EPISODE 9

### STANDING UP: What is calling in versus calling out?

Episode 9 presents 'calling in' and 'calling out' as two ways to challenge prejudice depending on your level of confidence.

Discussion questions:

1. What are some of the different factors that might hold people back from challenging prejudice?
2. In what types of situations do you feel calling out would be more effective than calling in?
3. Can you think of a time you've challenged discrimination before? If so, what is the biggest reward of challenging it?

## WATCH EPISODE 10

### YES: Why is this word so important?

Episode 10 explores how simply saying 'YES' to back yourself is be courageous but worthwhile, even when you're nervous.

Discussion questions:

1. Archie finds saying 'YES' to certain social situations difficult, is there a setting where you struggle to say 'YES'?
2. When is it important for you personally to not say 'YES'?
3. Can you think of a time that even though you were nervous, you said 'YES' and it totally paid off?

## WATCH EPISODE 11

### NO: Why is this word so important?

Episode 11 validates the importance of saying 'NO' to assert your wants, needs or boundaries and respecting 'NO' when we hear it.

Discussion questions:

1. We often think of NO as a blocking word, but what are some examples of when it's been useful for you?
2. What are the reasons why some people might find it harder to say 'NO' than others?
3. Why do you think society has taught us that 'NO' is a negative word?

## WATCH EPISODE 12

### STANDING UP: What are the risks and rewards?

In our final episode, we reflect on the risks *and* the rewards of standing up for what you believe in at different times in life.

Discussion Questions

1. What has held you back from standing up for matters to you?
2. When it comes to standing up, how do the people around us influence are decision to say something or stay quiet?
3. Can you think of a time when you stood up for mattered to you and it went really well? Spill!