

Student Activity



Topic

Leadership,
Social Action



Competency

Relationship Skills,
Social-Awareness



Grade Band

Middle School,
High School

Monique

As a high school student, Monique has many choices on how and where to spend her free time. Learn how her choices and actions are changing her life, her community, and how others see their own potential and ability to pursue their dreams.

Conversation Starters and Writing Prompts

The conversation starters and writing prompts following each video are designed to help youth understand their own mirrors and windows and how their perspectives, feelings and behaviors influence how they see and feel about themselves and others. Please review the **Defining US Facilitator Guide** for a full explanation of design, suggested implementation, and best practices using the videos and prompts.

How Do We See?

1. Who do you think are the most interesting characters in this story?
2. Why do you think you understand or relate to them?
3. Do you know you have someone in your life that is like Monique? Explain.
4. If so, how do they help you? If not, how would it help you to know someone like Monique?
5. What did you learn from Monique's actions? What did you learn from her words?
6. How does this story make you think differently about your own life, your friends, and others in your community?

What Do We Feel?

1. How does Monique feel about the choices she has made?
2. How does she feel about those she is helping?
3. How do those she is helping feel about her?
4. How do you feel when you do something for others?
5. How do you feel when someone older helps you?

How Can We Change?

1. Does this story inspire you to make new choices and take new action in your own life?
2. How are Monique's choices and actions changing her life and the lives of others?
3. How could you take action in your community?
4. Do you think she helps them to believe in themselves and believe they can achieve their dreams? Why or why not?
5. Will Monique's community become a better place because of her acts of kindness?
6. How will Monique's choice to help others today make the world a better place in the future?
7. How can you share your time and heart? What things can you do to make your life and your community better now and in the future?
8. What is the most important thing you learned from Monique's story?

Deeper Look: Define and Discuss

- Role Model
- Leadership
- Mentoring
- Community
- Social Responsibility
- Social Action/Activism
- Be The Change