



## DISCUSSION GUIDE: DANNY'S STORY

**Objective:** Students will connect with their school community in an intentional way.

**Themes:** Adoption, Race, Racism, Injuries, Suicide, Making someone proud

Danny talks very quickly in this video so watching it once and then going back and picking out the themes you would like to discuss is recommended.

Watch the entire video all the way through and ask, “Is there anyone in your life that this video makes you think about? Can you reach out and connect with them right now?”

Allow time for students to text or call someone they are thinking about in the moment.

**Use these prompts to lead a rich conversation with your class or group.**

Danny talks really fast and covers a lot of ground. I notice a couple of things--adoption, racism, injuries, loss and finally what motivates him. Let's start there--

1. Is there someone in your life that you know you make proud? Do they tell you explicitly or how do you know?
2. Is there someone that you are proud of that you could tell? Does that seem like an appropriate thing to do at your age or do you think you need to be older?
3. At 1:18, pause and discuss:
  - a. Danny seems to get the most emotional when he talks about race and his family, did you notice that? What do you think might be coming up for him?
  - b. Are there things you hear in your life that feel insensitive? Is there something that we can say to people when they say things like that so they know they have hit a nerve? What might that be?
4. At 2:18, pause and discuss:
  - a. Danny's identity is as an athlete and as a self proclaimed “tough guy,” how do you think his view of himself is impacting his emotions? What advice would you give him?
  - b. Is there a lesson in what we know to this point?
5. At 4:20, pause and discuss
  - a. Danny talks about losing his friend and his feelings during COVID all at the same time. It seems like that is how emotions work--they are complicated and come up when we don't always expect them. Can you share some emotions that you have felt in the last year that have been layered like his? What are strategies you use to get up and out of your house each day?
  - b. When you think about friends or family that might be experiencing complex emotions--what are some things you can do or say that might help?

**Connection Challenge: Sticky Note Challenge**

**Extension:** Continue the sticky note challenge into the world--can you partner with someone you know at another school to share some at their school? How about with your parents or family--do they need a sticky note in their car?