



EPISODE 7 – DENVER SCHOOL OF THE ARTS **DENVER, CO**

- *Bullying, prejudice and cliques are fixtures in schools across America.*
 - *Challenge Day is a one-day program that aims to break down these barriers.*
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ABOUT THE SCHOOL

Like the school in the movie *Fame*, the Denver School of the Arts is a high school where students don't just study books, they follow their dreams. Students are not necessarily divided by cliques, but rather by who's on stage and who's behind the scenes.

Featured students and their roles on campus:

Billy – Actor (“Popular”)
Jett – Singer (“Popular”)
Khalil – Singer (“Trendsetter”)
Bianca – Artist (“Loner”)
Sam – Techie (“Nerd”)
Stephanie – Designer (“Bully”)

Cliques and the stereotypes people form about various groups on campus are a painful reality in every school.

- What are the cliques at your school? What stereotypes do you attribute to them?
- Have you or any of your friends ever been hurt by stereotypes or by being associated or labeled as a member of any of these groups?
- Do you relate to any of the students in this episode?



THEMES TO EXPLORE AND DISCUSS

1. Being an Outsider
2. Performance & Image
3. Following Your Dreams

1. Being an Outsider

Notice

- Have you ever felt like an outsider? If so, what was the situation? How did it feel to be an outsider?
- Who in your school or in your life might be feeling left out? Do you or anyone you know make an effort to find out who these people really are or how they really feel inside?
- When, if ever, have you reached out to someone who was being left out or excluded in some way? How did it feel? How did the person respond? If you haven't reached out, what do you think gets in the way?

If you NOTICE that being an outsider is a problem for you or others you know and you CHOOSE to Be the Change – you can ACT by doing one or more of the following...

Act

- Reach out to people who are being left out in your school or community. Find ways to include them, even just by saying hi to them in class.
- Get your friends to make sure you're not leaving anybody out of your group. Make it your goal as a group to introduce yourselves to people who are being excluded, and take time to get to know them.
- Sometimes the best way to stop feeling like an outsider is to get involved. Try joining a club or volunteering in your school or community.

2. Performance & Image

Notice

- What is the image you want people to see? Do you like the way people see and describe you? What, if anything, do you hide behind your image?
- What pressures do you deal with? Whose expectations do you try to live up to? Do you ever try to be someone or something you are not?



- How often do you step outside your comfort zone and let people see the real you? How does it feel when you take that risk?

If you NOTICE that performance and image are a problem and you CHOOSE to Be the Change – you can ACT by doing one or more of the following...

Act

- Talk to someone you trust about your image and how it differs from the real you. Let them know what parts of your personality you wish everyone knew about, and find ways to express them.
- Make a list of all the ways that you play it safe and stay within your comfort zone. Once your list is complete, find someone you trust to share it with, and discuss ways that you can step outside your comfort zone.
- Think about the people in your life that you try to please. Let them know how important their approval is to you, and explain to them what it feels like to work for that approval.

3. Following Your Dreams

Notice

- What would your dream life be like? If you could do or be anything you wanted, what would it be and why?
- Have you ever talked to anyone about your dreams? Who in your life knows what really matters to you?
- Do you encourage people to pursue their dreams? If so, how have you supported them?

If you NOTICE that following your dreams is a problem and you CHOOSE to Be the Change – you can ACT by doing one or more of the following...

ACT

- Spend some time thinking about your hopes and dreams, and how you can make them a reality – then, start working on a plan to reach them.
- Talk to the people in your life about your dreams and goals. If possible, find a mentor and ask them about their experience, and how you can make your dreams come true.
- Ask your closest friends what their hopes and dreams are, and find ways that you can support them in their goals.



LEARN MORE AND SHARE

- If stuff going on at school is impacting your emotional health, check out <http://www.halfofus.com>.
- To further discuss the issues in this episode, head to <http://ifyoureallyknewme.mtv.com>.

