

No Perfect Home



Video Series | Facilitator's Guide: Teen Discussion

Note for Professionals: It is recommended that you preview the video and review this discussion guide in preparation for meeting with 6th through 10th grade students. The notes below will guide you through talking points for discussion after screening the video. It is recommended you have a compiled list of community resources (government agencies, counseling, child enrichment, etc.) to hand out after the screening and discussion.



Purpose: The video was developed to engage teens in a group or one on one discussion about youth risks and protective factors, and local resources available in your school division. It is recommended to screen and discuss this video with youths, ages 12 - 15.

Synopsis: Alyssa faces several challenges at school and at home, including peer pressure to abusing substances, to bullying, and pregnancy. This video takes a unique look at what Alyssa's life would look like if she was able to copy herself and make several choices at once.

Message: Teens have the power to make choices that can have positive or negative outcomes. Not every decision will have life-changing consequences, but the sum of all our decisions plays a big role in where we end up in life. There are people who can help teens successfully navigate the challenges of adolescence.

Runtime: 5 minutes

Before Screening: Explain to the students that we are about to watch a *short* video about one teen's story of everyday decisions, and how she met those challenges. We will discuss her story after the video.

After Screening: Here are some discussion points to start the conversation.

- What's your reaction, thoughts and take-aways from this story?
- What sorts of decisions was Alyssa facing? (alcohol, drugs, bullying, sex, getting involved with a group of friends making negative decisions)
- What are some of the positive influences in Alyssa's life? (positive friends, after school activities, guidance counselors, volunteering)
- How would you handle situations like these?
- What other issues are you and your friends facing?

Funding for this was provided by the Virginia Department for Behavioral Health and Developmental Services through the federal Substance Abuse and Mental Health Services Administration (SAMHSA) Strategic Prevention Framework State Incentive Grant. In collaboration with the Institute for Innovation In Health and Human Services at James Madison University, Virginia SPF-SIG, and Center for School Community Collaboration at Virginia Commonwealth University.