

# INTERACTIVE 3-SCREEN ASSEMBLY PROGRAM



## TEACHER'S DISCUSSION GUIDE



## PROGRAM OVERVIEW:

**WORTH IT** is a high-energy interactive three-screen presentation that will help students realize that the choices they make today will directly affect their future. They will be encouraged to take control of the decisions they make, and that through perseverance and self-discipline, they can make the right choices – choices that will lead them to success in school and in life.

## GROUP DISCUSSION

### OBJECTIVES:

Each day is full of choices – decisions we all have to make. Many choices are simply a matter of preference but some choices, even though they may seem trivial at the time can have lifelong consequences. The decisions to eat healthy and care for your body may not result in negative effects at first but over time the consequences can be deadly. The decision to consume drugs, alcohol, or smoke can have immediate devastating results. Too often, we make poor choices to fit in with the crowd or to feel better about ourselves. Bullying, peer-pressure, or self doubt can drive us toward the wrong decisions – decisions that are not right for you. Worth It motivates students to take control of their lives and through self-discipline make choices that are truly **WORTH IT**.

1. **SECTION OF SHOW TO DISCUSS: STRESSED OUT BY TWENTY ONE PILOTS** The words of the song, STRESSED OUT, state, “Wish we could turn back time, to the good ol’ days. When our momma sang us to sleep but now we’re stressed out.” Students can make choices that have both long term and short term consequences. The difficulty is knowing which choices are the right ones

There’s a lot of pressure to make the right choices – decisions that are worth it. There’s a lot of pressure to fit in with our peers and to be connected to those around us. Talk about the stress students feel to fit in with the crowd. Peer pressure is the number one reason students start smoking, using drugs or consuming alcohol. What can we do to help ourselves and those around us avoid these types of negative activities? Discuss the stress students’ feel to get good grades. What kind of pressure are they feeling concerning their future college or career choices?

2. **SECTION OF SHOW TO DISCUSS: SONG NOISE BY KENNY CHESNEY** The words of the song, NOISE, state “We can’t sleep, we can’t think, we can’t escape the noise. We can’t take the noise, so we just make noise!” Students are seen dealing with the various electronic items they use each day that are distracting them from getting important things done.

All the noise – those distractions around us can challenge our ability to make the right choices. Too often the cell phone or Internet takes control of our lives. The sound of an incoming message draws our attention away from doing those things that are worth it to trivial matters. Talk about how the cell phone or Internet distracts. Consider methods we can use to take control of these electronic devices to be focused on things that are truly worth it.

3. **SECTION OF SHOW TO DISCUSS: INTERVIEW WITH MATTHEW SIMPSON** Matthew has big goals, and reaching them will require focus and a desire to avoid distraction. He understands the choices he makes today will have consequences tomorrow. His phone and Internet usage have distracted him in the past but he has taken steps to minimize these distractions. Matthew has chosen to focus on his goals and that focus helps him overcome the distractions around him.

The desire to feel connected with others through social media is strong. Using media to get that connected feeling is okay but when that connection inhibits or hurts your ability to get good grades and achieve your goals, then that media has to be controlled. Talk about how social media can take control of our lives. What are some steps we can take to make sure social media is not consuming our lives?

4. **SECTION OF SHOW TO DISCUSS: INTERVIEW WITH MEGAN JASTRAB** Megan is one of the top bicyclist for her age group in the nation. She is focused and committed to getting better. She pushes herself to train hard. It begins with overcoming the mental challenges and distractions of life. She has prioritized her goals and avoids those things that don't help her achieve her objectives.

Megan makes decisions based on what is going to help her achieve her goals. It's easy to make the right decisions when you focus on those things that are worth it. Talk about the benefits of focusing on your goals when doing your homework. Discuss how the foods we eat alter our ability to do well in school and the activities we participate in doing. How might focusing on where you are going to be in five years alter the choices you make today?

5. **SECTION OF SHOW TO DISCUSS: ANGRY BIRDS FILM CLIP** Angry Bird thinks the girl birds want him to join them but they are really motioning for a bird just above him. Just as Angry Bird starts to walk confidently towards the girls, the other bird hops down from his perch stepping right on Angry Bird as he makes his way to them.

It's easy to feel worthless when you think others are ignoring you. And no one likes that left out feeling. Too often, we derive our sense of self-worth by the inclusion we feel being connected with others via social networks. Talk about the power social media has over how we feel about ourselves. How does having a lot of likes, hearts, or smiles make us feel about ourselves? Discuss how negative comments or lack of hearts and smiles can make us feel. What should we do when we feel like this?

6. **SECTION OF SHOW TO DISCUSS: INTERVIEW WITH STUDENTS ABOUT BULLYING** Students talk about the difficulty they have experienced making friends. Certain groups are not very accepting and can be quite mean. Students also address the critical comments they have received through social media. Additionally, students talk about the hurtful ways people cyber-bully with hurtful statements posted online and how even though they're just words, they have a hard time letting it go.

It's difficult to see the value of school when you feel put down and bullied there. The various hostilities at school drives some to avoid school altogether. Discuss the various social media sites used by your students. How does cyber-bullying take place in these various media streams? Talk about what we can do to try to stop or limit this type of negativity. What can we do to help those who are being picked on?

- 7. SECTION OF SHOW TO DISCUSS: INTERVIEW WITH DALTON BOLINAS** At 16 Dalton spends much of his time building, racing, and in the process, destroying cars. The type of racing Dalton does guarantees he'll be rebuilding his car after each race. He races regular cars but ends up crashing them most of the time. But his life wasn't always this way. During his eighth grade year he was on the edge of failing most of his classes. He was hanging out with the wrong type of friends and doing drugs.

Dalton found something worth doing. He finally had a direction and goal for his life. He's focused on doing what it takes to get out there racing every time possible. Wrong friends and drugs are distractions to achieving his goals. Today, he's focused on doing things that are worth it. The new direction of his life helps him feel like he's worth it. Talk about how doing wrong things, like drugs, alcohol, or smoking, alters how you perceive yourself and life. Dalton's goals helped him change his life. Discuss why a goal helps you make the right choices.

- 8. SECTION OF SHOW TO DISCUSS: INTERVIEW WITH ALEXIO GOMES** Alexio is a motivational speaker who qualified for the American Ninja Warrior competition. He talks about the mental and physical discipline needed to perform at his best. He exercised and ate foods that would help him succeed. He wants students to remember there will always be challenges in life. He encourages students to persevere and overcome the challenges of life, whether it's a physical object, like those he faced in the competition or the critical bullying voices.

Alexio didn't win the competition but he focused on doing those things he considered worth it to help him do the best he possibly could do. Talk about the negative voices we hear when we are attempting to go after a dream. What should we do to maintain a positive outlook? Discuss how physical obstacles might inhibit our motivation to continue. How can we apply Alexio's positive attitude and approach to the challenges we encounter each day?

- 9. SECTION OF SHOW TO DISCUSS: INTERVIEW WITH CHINO WORLD GUARD** Surrounding yourself with people with goals similar to yours will help you succeed. The Chino World Guard competes at the highest level of competition. The team relies on each other to get through their grueling practice schedules. They motivate each other to persevere and excel. Their experiences have taught them the value of hard work, the power of self-control, and an appreciation of who they are and what they are capable of doing.

Achieving a goal gives you confidence to set even higher goals for your life. Learning how to work together with others helps you develop skills that will be worth it in the career ahead of you. Talk about what we learn when we are on a team, particularly consider the encouragement and the need to rely on others for your success. Discuss how achieving a goal or persevering to make it through a tough situation is truly worth it. How can we be an encouragement to those around us at school each day?

## **CONCLUDING THOUGHTS:**

Sometimes making decisions that are worth it is easy. But too often, the best choices conflict with the fun ones. At times like that it is best to do what is right, not what is easy. It's important to make decisions that are worth it. To do that, it is going to take focus and self-discipline. You see, discipline is choosing between what you want now and what is truly worth it. Sure, there will be critical voices, bullies, self-doubt, and obstacles along the way. But we can make the right choices and work together with others to achieve and create a life that is totally worth it!



### **Program Description:**

WORTH IT is an interactive motivational program motivating students to make the right choices. The presentation highlights the various challenges and distractions students encounter. The program gives them tools they can use to help them feel better about themselves, avoid distractions, and to say no to bullying and negative choices. The program will also encourage them to build others up along the way.

- A. There are so many choices for students to make each day. The stress and pressure to make the right choices is complicated by the desire to feel good and be accepted by those around them.**
- B. Negative activities like smoking, drugs, or alcohol can hinder a students' ability to make good decisions.**
- C. The desire to feel connected with others through social media distracts students from their studies and doing those things that are worth it.**
- D. Bullies and critical voices can challenge a students' confidence in their decisions. Students are encouraged to seek help and stick to goals that are worth it.**
- E. Setting goals and focusing on them is a great way to avoid distractions.**
- F. Working together with others will help you stay on track and achieve success.**

Choosing between what you want now and what is truly worth it will take self-discipline. There will always be critical voices, bullies, self-doubt, and obstacles along the way, but we can make the right choices and work together with others to achieve and create a life that is truly worth it!



- 1) What stress or pressure are you feeling?
- 2) How might setting goals help you reduce the stress or pressure you are feeling?
- 3) How is social media a positive tool for us to use?
- 4) What can you do to help those who are criticized or bullied through social media?
- 5) Why do people choose friends who pressure them to smoke, use drugs, or consume alcohol? What can you do to help someone who is feeling this pressure?
- 6) How can choosing the right friends help you make the right choices – decisions that are truly worth it?