

Family Resiliency Reading Guide

NARRATIVE OF THE LIFE OF FREDERICK DOUGLASS

BY FREDERICK DOUGLASS

After reading *Narrative of the Life of Frederick Douglass* with your child, use this reading guide to continue the conversation around resiliency at home. In this guide, you will find a description of how this book relates to Resiliency Characteristics, literacy tips, and sample conversation starters for you and your child.

SYNOPSIS

Narrative of the Life of Frederick Douglass is a memoir that gives readers a firsthand account of the resilience of Frederick Douglass. He was born into slavery and is remembered today as one of the most famous abolitionists of the 19th century.

LESSONS IN RESILIENCY

- ▶ Frederick Douglass was born into slavery. Slaves were not permitted to attend school, but Douglass did not allow that to stop his pursuit of learning. His accomplishment of learning to read and write is an inspiring example of **perseverance**.
- ▶ During his young adult life, Frederick Douglass overcame adversity. As a slave, Douglass was abused, and this fueled his determination to escape from slavery. Douglass could have easily given up out of fear for his life, but he continued to **persevere**. Douglass transformed the United States not only through his thoughts, words and actions but through his **perseverance** in the face of adversity.
- ▶ After escaping to freedom, Frederick Douglass got married and relocated to New Bedford, Massachusetts. Douglass learned about anti-slavery reform and truly found his place in the abolitionist movement. From there, Douglass started speaking out about his experiences and slavery. To this day, Frederick Douglass is an admired intellectual with many famous speeches and books. His **perseverance** is a characteristic that continues to inspire and motivate people today.

RESILIENCY CHARACTERISTIC



Perseverance

Continuing to try even when things are hard.

RESILIENCY CONVERSATION STARTERS:



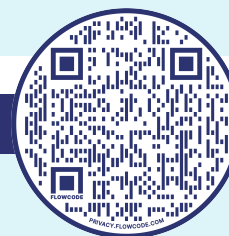
During his early life, it seemed that being a slave was all Douglass would ever know. His life changed dramatically, but it took hard work and **perseverance**. Have your child tell you about a time that he or she felt like nothing would change. Discuss with your child how he or she can learn from Frederick Douglass about overcoming challenges.



Challenges did not stop Frederick Douglass from continuing to pursue his goals. Remind your child about the significance of **persevering** when faced with obstacles or when situations seem insurmountable. Ask your child how the actions of Frederick Douglass changed the course of history.

LITERACY TIP

Encourage your child to read a variety of materials beyond just textbooks, including fiction, nonfiction, newspapers, magazines and online articles. To foster a love for reading, help your child find genres and topics that he or she enjoys.



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