

You Can

Discussion Guide to be used following the 3screens.com assembly program

1. The assembly program said that **You Can** do all of the most important things—and still be the unique person you were meant to be. What are the differences between those things that we cannot all do equally well, and things that we can all do?
2. Do you agree that there are more ways to do harm to others and to yourself more quickly than ever before? If so, what kinds of things would be a part of that?
3. How can those same things be used to help and heal, rather than to do harm? Do you remember the examples in the program? (The marathoner and the inventor)
4. What are some of the most ridiculous things you see on TV reality shows, when it comes to the way they treat each other?
5. Do you agree that in the real world, you won't be a winner because you're the most devious. Explain why or give examples.
6. Do you agree that in the real world in the real world, you won't get by with lying, stealing and cheating for long. Give examples to support your answer.
7. Which stories in the program impressed you most, when it comes to how we should treat each other. Compare what the kids in that story did to a situation you have seen in your school or in your life.
8. What were the three points in Sam Berns's rules for a happy life? (Focus on what you can do; Surround yourself with good people; Have things to look forward to) Discuss these.
9. What do you remember from the No Bull Challenge video about bullying? Can you think of some additional multiple-choice answers for kids being bullied? What about some additional choices for kids who are bullying others?
10. The program said that **You Can** be a giver. If that is true, even though some don't seem to have much to give, what are some things that everyone can give?

You may want to look online or assign kids to report on additional information or additional videos: "Kids That Make a Difference" as reported by Voice of America; Sam Berns on progeria; The Great American No Bull Challenge; CBS On the Road with Steve Hartman.

Songs: *I Believe I Can Fly*, Me First and the Gimme Gimmes; *I Want to Grow Up*, Colleen Green; *Good Life*, One Republic; *Lift Me Up*, David Guetta; *Try it Again* The Hives; *Ain't it Fun*, Paramore (Warm-up videos: *Handy*, Weird Al Yankovic; *In The Clear*, Foo Fighters; *Stressed Out*, twenty-one pilots)