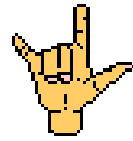




Surviving High School Lesson #6: The Challenge



Introduction:

- ☐ Review what was learned in the previous lesson.
- ☐ How was it to share life stories with someone you trust?
- ☐ How does sharing yourself with other people help your relationships?
- ☐ What things should you never keep secret or try to handle alone?
- ☐ How can you ***Be the Change*** for people who trust you?
- ☐ What actions did people take to make a difference or create change?

Discussion Questions:

- ☐ How did Challenge Day affect the people in the video?
- ☐ Challenge Day is about inclusion and getting to know people for who they are on the inside. How can students keep these lessons alive on campus?
- ☐ Why do you think Challenge Day works so well with people from all kinds of groups?

Notice:

- ☐ What are ways you keep yourself isolated from other people at school?
- ☐ What are some ways you can reach out and include others you normally would not?
- ☐ What can happen when you take a risk and reach out to someone? What's your biggest feat and biggest hope? What happens when people come together with a common vision to make a change?

Choose:

- ☐ How would you choose to make a difference at Bishop Kelly?
- ☐ What simple choices can you make today to make a positive change at BK? How about in your class?

Act:

- ☐ Choose an accountability buddy from your class and make a list of at least 20 things you can do to ***Be the Change*** and make a difference for the people in your school, home or community.

Home Play:

- ☐ Choose at least 3 things from your list that you will do over the next 24 hours and get an agreement from your buddy that they will do the same.
 - ☐ Write about your experience and be prepared to share and celebrate with your buddy and the class after you have completed your 3 intentional ACTS OF CHANGE!
- (Optional) Take a parent or other person you love to the Challenge Day website and watch the 15-minute Challenge Day Clip and discuss it. Come back ready to share your experience.

<http://www.challengeday.org/>