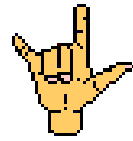




## Surviving High School

### Lesson #1: Fitting In



#### Discussion:

- ☐ Do you think cliques are a problem at Bishop Kelly? Why or why not?
- ☐ What are the cliques on the BK campus?
- ☐ What stereotypes, lies and assumptions do people have about the different groups and cliques on the BK campus? (Brainstorm stereotypes attached to each group listed)
- ☐ How does it feel to hear the stereotypes and/or lies?
- ☐ What group/groups would people put you into? Why?
- ☐ Have you ever been a new kid at a school? How do people treat new kids?

#### Video Clip:

Explores complex world of social pressures facing teenagers today; body image, bulimia, steroid use, depression, suicide, stereotypes, cliques, isolation, and friendship. Eleven teens from Yuba City High School in California join in a series of “social experiments” involving being an “outsider” for a day, visiting a digital imaging company to see how ads are distorted, listen to presentations with regard to eating disorders and steroid use, and venture to a mountain retreat in efforts to break down barriers between them and find out what they have in common. The video participants host a Challenge Day upon their return for their school, sharing what they have learned with other students.

#### Notice:

- ☐ How do you see people from various cliques being treated on the BK campus?
- ☐ If you were moved to a new school tomorrow, how do you think you’d feel? Why?
- ☐ How would it feel to be an outsider? What might you do to fit in?
- ☐ What assumptions have you made about different groups of people on campus that may not be true?

#### Choose:

- ☐ How would you like people to treat one another at Bishop Kelly?
- ☐ How do you want to choose to treat others differently?
- ☐ What choice can you make to break down the stereotypes and assumptions people have about the group you may belong to?

#### Act:

- ☐ Reach out to someone in a different group and ask them to share what they love about their friends. See how many things you can find that you have in common.

#### Challenge Yourself!

- 1) Take the challenge to smile and say hello to at least five people from different groups. How did they respond? How did it feel to reach out?
- 2) Come back to class ready to share your experiences.