

Student Activity

**Topic**

Courage,
Confidence

**Competency**

Relationship Skills,
Self-Awareness

**Grade Band**

Middle School,
High School

Glen

Glen used to describe himself as quiet. In his young life, he spent a lot of time alone. When he got to high school he wanted to change, but didn't know how. Learn how Glen began to make small decisions that resulted in big changes in how he saw himself, others, and gave him the freedom to create the life he wanted.

Conversation Starters and Writing Prompts

The conversation starters and writing prompts following each video are designed to help youth understand their own mirrors and windows and how their perspectives, feelings and behaviors influence how they see and feel about themselves and others. Please review the **Defining US Facilitator Guide** for a full explanation of design, suggested implementation, and best practices using the videos and prompts.

How Do We See?

1. How does Glen describe his problem?
2. How do you relate to Glen? Have you had a similar experience?
3. If not, are there other parts of the story that you relate to more than Glen?

What Do We Feel?

1. Besides shyness, name several emotions Glen feels.
2. Describe why you chose those emotions.
3. Have you ever felt like Glen?
4. Do you think everyone feels like Glen sometimes?
5. What does it mean to feel ignored or dismissed?
6. Have you ever felt that way? Why?
7. Is there a difference between feeling ignored and excluded or feeling shy? Why or why not?

How Can We Change?

1. What is the most important thing you learned from Glen's story?
2. If you see yourself as similar to Glen, could you take similar action?
3. If you know or met someone who is like Glen, what could you do to help him or her?
4. How can you tell if feeling shy is something to be concerned about?
5. Choose the most important quote Glen says and describe why you believe it to be important.

Deeper Look: Define and Discuss

- Shyness
- Fear
- Feelings of isolation or being dismissed
- Courage
- Introvert
- Extrovert
- Confidence
- Prejudice and How It Could Impact Confidence and Courage