

Place des Arts' Coquitlam Youth Theatre Presents *The Honey Files*

Is there a story or character that stood out or resonated with you?

[Notes: this question can hopefully lead to some general discussion/ observations about the performances].

Why do we feel the way that we do?

[Notes: there's lots of reasons! They tend to fall into two broad categories: nature (our biology, temperament, developmental changes that come with age, genetics) and nurture (all the experiences we have growing up)]

When you are feeling upset what do you do to make yourself feel better?

[Notes: strategies may include: connect with a friend/ family member, doing some journaling (20 minutes for 4 days in a row; start off with whatever is bothering you most and let it flow), exercise/ movement, practicing gratitude, mindfulness meditation, spend time in nature, engage in a hobby, foster curiosity (learn something new), etc. If mental health problems persist, encourage the students to talk to a counsellor or therapist.]

What makes it difficult to reach out for support?

[Notes: Feelings of embarrassment, confusion, shame, don't want to seem different, etc.]

Who is your school counsellor? Where is their office?

[Notes: Have the information available if needed. Encourage the students to seek out the counsellor and introduce themselves]

Is there another adult (besides your caregivers) who is supportive?

[Notes: a teacher, a friend's parent, coach, etc.]

What are signs that a friend is struggling?

[Notes: Signs can vary greatly but could include: not acting like themselves, really quiet, overly emotional, absent from school, etc. It is important to note that some people are good at "masking" how they are]

doing and even someone who appears to be bubbly and happy can be struggling without you knowing. Because of this it is important to check-in with those friends and family around us!]

What can you do to be supportive of a friend?

[Notes: engage in an activity together, check-in with your friend, ask 'you've been withdrawn (down/ sad, stressed, angry, etc.) lately, is everything ok? Don't assume they want advice, don't keep secrets if you are worried about their safety, and encourage them to get support].