

VINCE'S STORY



OVERVIEW:

When Vince must be a groomsman in his sister's wedding, he begins to have negative thoughts. He can't stand people looking at him. His insecurities start to bubble up, and his brother notices he may be overdoing it and struggling to accept all parts of himself – his brother's support is crucial as he combats negative thoughts.

"I don't want to upset anybody."

EPISODE ONE - MUSCLE ISOLATION



When Vince's mom reminds him that he still needs to get a tux for his sister's wedding, he begins to worry and is not looking forward to people looking at him during the ceremony. His brother notices how withdrawn he has become. His brother offers him support, and Vince is able to take a break from his isolation and the pressures of his negative voice.

Thought Question:

Why do you think Vince's brother shared with Vince the story of his friend who he no longer sees? Do you think that will be helpful to Vince?

Discussion Question:

Vince's brother shared with his brother that he is there for him and open to talk. Why do you think that was an important moment for Vince? Discuss as a class.

ISSUES TACKLED In this episode:

- Rebuilding Confidence
- Living with Depression and Mental Illness
- Dealing with Negative Thoughts and Low Self-Esteem
- Fear of Judgment
- Body Image

Resources:

- Crisis Text Line: 741741
- NAMI.org
- 24/7 National Suicide Hotline: 988
- ParentGuidance.org

These stories are worth telling.



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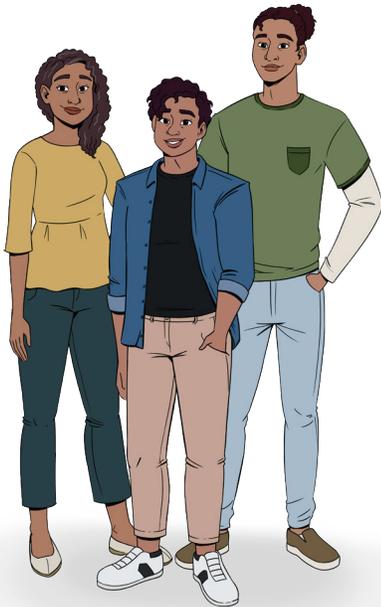
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EPISODE ONE

MUSCLE ISOLATION

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Journal Entry:

Write a love letter to yourself. Focus on self-compassion and being as kind to yourself as you would be to a close friend. Write down these thoughts in your journal.



Love Yourself Group Activity:

We often hear people talking about parts of themselves that they love. As we all know, it's what's on the inside that really counts. Facilitate an open discussion about body image. Focus on how we speak to ourselves. Self-talk is our inner voice. In this activity, ask everyone to share one thing they love about themselves that has nothing to do with their physical appearance.



Family Engagement:

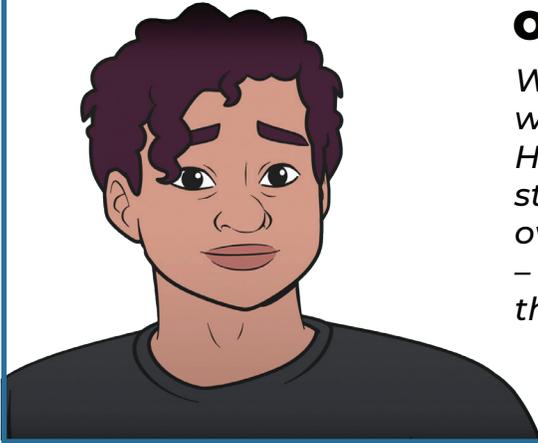
As a family, take the Mindful Language Challenge. Promoting a positive body image in children is essential for their overall well-being and self-confidence. As parents we want to encourage our kids to use Mindful Language when speaking about themselves. We ourselves want to model using positive and neutral language when discussing bodies. Avoid derogatory terms or teasing related to appearance.

Here are some guidelines for discussing appearance in a way that doesn't create body image issues:

- Focus on Health, Not Looks
- Encourage Self-Acceptance
- Emphasize Inner Qualities
- Compliment Personality



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**"It's been really getting to me lately.
I can't even stand people looking at me."**

EPISODE TWO - QUEST FOR REST



Vince continues to struggle with negative thoughts about his body. Kaia notices that he's skipping lunch and she expresses concern. He opens up to her about his struggle with body image. Kaia forms a plan to check in with each other when they find themselves scrolling. Later at his house, Vince overhears his brother, Paul, discussing ways they can support Vince. Paul gently asks Vince about what's been on his mind and Vince opens up to him. Paul offers his support and love. Later that evening, Vince is beginning to spiral but instead of scrolling, he decides to reach out for support.

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Thought Question:

Vince opens up to the people in his life he knows and trusts. Why do you think it's so important to be open and honest with your loved ones when you're struggling with negative thoughts, especially with something like body image?



Discussion Question:

When Vince looks at his reflection, he does not look the way he wants to look. Sometimes this is called body dysmorphia. Body dysmorphia is a mental health condition characterized by obsessive focus on perceived flaws or defects in physical appearance. What can you do to help yourself and others not feel so much pressure to be perfect? Discuss as a class.

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EPISODE TWO

QUEST FOR REST

Journal Entry:

We all go through different challenges. Think about a small challenge you faced. Describe the challenge and brainstorm potential solutions or approaches to solve it. Then reflect on how to turn this into advice you might give a friend going through the same thing or something similar. Write down your ideas.

Media Analysis Group Activity:

Have students start by working with a partner to talk about how social media might affect body image. Then have them discuss how body image is portrayed in the media. Bring students back together. On a large white board write questions like: How do you think these images affect people's perceptions of their own bodies? What changes, if any, would you like to see in media representation? Does social media have positive and negative influences on youth body image? Next, have students write responses on sticky notes then read out responses and discuss as a class or group. Always encourage students to think about how the media affects them personally.

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Family Engagement:

Vince and his brother go on a walk. This gives them time to talk, and Vince opens up about how he is feeling about his body. Take some time to reflect on how you are encouraging these kinds of connecting moments in your family.

- Engage in Shared Activities
- Encourage Passions
- Respect and Validate Feelings
- Share Your Own Struggle and How You Found Hope
- Establish Routine Family Time
- Provide Downtime Free from Expectations

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