**XS Stress**

<https://www.nfb.ca/film/xs_stress_teens_take_control/>

Did your impression of these three people change after watching the video? How?

If your impression changed (or even if you can see how they might,) what changed (or might change) your mind?

Most people don’t ever get to know these people as well as you now have. Why do you think that is?

Thinking back about what you said in the beginning, do you think that most people would view Sarah, Kira, and Jarrel differently if they knew more about them as people? Why/why not?

How did Kira, Sarah and Jarrel feel when their stressful situations became over­whelming? What did they do to handle them?

There is a lot of social pressure on youth. Is it too much? What pressures exist today that other generations didn't have to face? (You may think about the pres­sure to perform, to own all of the latest gadgets, to look a certain way.) How do you feel about this pressure?

Is there bullying at our school? What form does it take? How do students and the administration handle it?

How can young people give support if people are being discriminated against?

How would the target of stereotyping feel if someone offered them support?

Give an explanation of how both sides (bully and bullied) feel & what they might be thinking.