

CRITICAL THINKING INSECURITIES

Use the following critical thinking questions to help foster an open, student-led discussion on the theme(s) discussed in this episode of The Harbor.

1. **THIS EPISODE FOCUSES ENTIRELY ON INSECURITIES AS TOLD FROM THE PERSPECTIVE OF HIGH SCHOOL STUDENTS.**
What are some of the common causes for why these students feel insecure?
Which student(s) do you relate to the most in this episode? Why?

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2. **ONE STUDENT IN THIS EPISODE BELIEVES THAT WHAT WE SEE ON SOCIAL MEDIA CAN CAUSE INSECURITY.**
Do you agree that social media contributes to people feeling more insecure about themselves?
Can social media help people feel less insecure? If so, how?

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3. **ALTHOUGH A HANDFUL OF HIGH SCHOOL BOYS VOLUNTEERED TO SPEAK IN THIS EPISODE, OUR PRODUCTION TEAM FOUND THAT THE MOST PROFOUND CONTENT ON THIS TOPIC CAME FROM HIGH SCHOOL GIRLS.**
How do you think insecurity affects guys versus girls? What types of insecurities do you think both genders share?
What types of insecurities do you feel are more exclusive to gender?

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4. **ON TOP OF DIFFERENCES IN GENDER, AGE, SEXUALITY, RACE, AND ETHNICITY, INSECURITY CAN ALSO MANIFEST ITSELF THROUGH DIFFERING SOCIAL GROUPS, E.G. ATHLETES VERSUS NON-ATHLETES.**
Are there athletes at your school who tend to look down on non-athletes? Are there members of other clubs or extracurriculars on your campus that treat members of out-groups differently? If yes, why do you think this is?

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5. **THE LAST STUDENT IN THIS EPISODE SAYS THAT, "WHEN YOU GET TO THE POINT WHERE YOU CAN REALIZE THAT YOU ARE YOU AND NOBODY ELSE'S SAY REALLY MATTERS IN THAT, THAT'S WHERE YOU CAN FIND . . . THE POWER TO JUST DO WHAT YOU WANT TO DO AND BE YOU."**
What do you think it takes to get to this point? Why do you think that so many young people struggle with being true to themselves? If you struggle with this, how can you put this student's advice into action?

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