

# UPBEAT

13-16

*A healthy approach  
to boys' wellbeing*



## Video Discussion Questions

## TRACK 01: **Man Up**

### Faith Child's Choice: Believer (Imagine Dragons)

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1. Faith Child says that we can be so 'concerned and consumed by other people's opinions about us.' Would you say that's true for you?
2. Faith Child claims that 'Being emotional is the most human thing.' Do you agree? If so, why? If not, what do you think is the characteristic that most defines being human?
3. 'You learn more from your losses than your victories.' Do you have any experiences from your own life that would make you agree with this statement?
4. Faith Child says that 'your thoughts become your actions, actions become habits, habits become character traits, and that's what people associate with us.' Do you agree that how people see you ultimately comes from the way you think?
5. Is there anything you might try out, having heard Faith Child's story and advice?

## TRACK 02: Real

1. Harry says, 'When I was 12, 13, I went through a certain amount of bullying because of my appearance and the fact that I was a massive maths nerd.' Could you empathise with him? If so, how have your own experiences with bullying affected you? If not, how do you think it might feel for people to target you for the way you look, or the things you're interested in?
2. When/where do you have the best one-to-one conversations with your friends? When do you feel you can most easily be honest with each other? Would you ever tell your mates that you love them? Why or why not?
3. We all have days where we say we're fine but below the surface we feel anything but fine. Harry talks about a friend he had who would always ask 'how are you really doing?' Would this be a good habit to get into with your friends? Why or why not?
4. Harry regularly takes what he calls a 'Dark Day', when he does not use his smartphone and instead spends the time he would usually spend on it doing something else he loves. Would you be able to go a whole day without your phone? How would you feel during a Dark Day of your own? What could you dedicate more time to?
5. Is there anything you might try out, having heard Harry's story and advice?

## TRACK 03: Lemonade

1. Joshua says he 'had this deep...fear of being rejected and forgotten' and 'felt an intense pressure to achieve, perform and succeed from a young age.' Do any of those feelings resonate with you? If so, how has that fear or pressure moulded you?
2. Do you agree that there is an underlying expectation that young men should avoid being vulnerable? How might your friendships change if you developed a habit of vulnerability by being honest about what you're struggling with and asking others how they're doing and how you might help?
3. Joshua says, 'We need to come into a time where we recognise true strength is an acceptance of weakness and a courage to share it with one another.' Do you agree? Why do you think he believes that sharing our weaknesses with others is a sign of strength?
4. Josh's morning routine includes having a freezing cold shower, and explains that he does it because it gives him a sense of victory before the day has really even started. Do you think you would ever try having freezing cold showers? What other things could you do to make you start the day with the belief that 'I can do this'?
5. Is there anything you might try out, having heard Joshua's story and advice?

## TRACK 04: Power Up

1. Radzi says, 'I went to seven different schools, moved house six times when I was a kid, so there was an awful lot of change for me.' Have you gone through a lot of change in your life? If so, how has it impacted you? If not, how do you think Radzi's experiences may have affected him while he was growing up?
2. For Radzi, sport is his passion and the thing that makes him feel great. What makes you feel great? If the gym isn't your sanctuary, which places do you love going to that give you the head space you need?
3. Would you ever work for 3 years for free in order to pursue your dream? Why or why not?
4. Radzi says his daily goal is to 'do something tomorrow that I haven't done today.' Do you think this is good advice? Why is it important to do something new every day, even if it's a step so small you barely notice it?
5. Is there anything you might try out, having heard Radzi's story and advice?

## TRACK 05: **Boys Don't Cry**

1. Steph says that when his parents split, he would cry in secret, lie, lash out at people, get violent with his friends, drink and take drugs, as ways of trying to cope with his brokenness. Do you empathise with any of these coping strategies?
2. Steph says, 'If I'd been a superhero I would have been called The Isolator – special powers of Ben and Jerry's and box sets and Netflix.' If you were a slightly disappointing superhero, what would your name and super powers be?
3. Why do you think that Steph focussing on other people by doing things like volunteering helped him combat feelings of low self-esteem? Do you do any volunteering? How does it make you feel?
4. Would you be able to pick three people who you could tell absolutely anything to and know that they wouldn't judge you? Who would you choose? How do you think Steph having those people in his life lets him stay emotionally healthy?
5. Is there anything you might try out, having heard Steph's story and advice?

## TRACK 06: **Becoming Me**

1. Usually fathers tend to forget what it's like to be 16. Do you find that people of your parents' age find it difficult to understand what it's like to be you? Can you think of anyone older who you do relate to well? What lets you connect with them?
2. Siku says his chosen track causes him to ask himself what's going on with the planet, with politics and with his life. What kind of important things do you ask yourself 'What's going on with that?' about? What negative things about the world cause you to have a good rant?
3. Siku says, 'One of the most destructive things is to laugh away pain.' Do you agree? Why or why not?
4. Where do you want to be in two years' time? What do you need to be doing now to reach that goal?
5. Is there anything you might try out, having heard Siku's story and advice?