

Christopher's Story

PUBLIC

10 TO 14 YEARS OLD

MATERIAL

Appendix for activity 3: Christopher's Story (Activity Sheet 1)

HOW IT WORKS

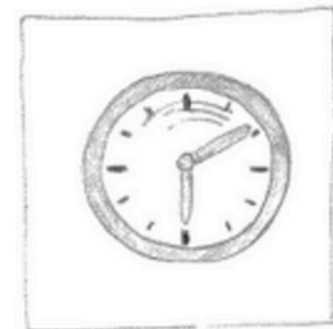
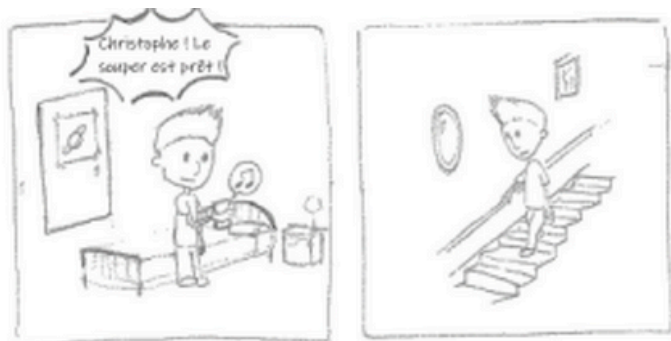
1. Each child reads the story alone.
2. After the reading, there is a group discussion about the options selected while reading.

Note : The teacher/activity leader can use Activity Sheet 2 to introduce topics for discussion.

Please note that these comic strips were originally written in French, therefore the comics have not been translated. Thank you.



Christopher's Story



Scénario 1

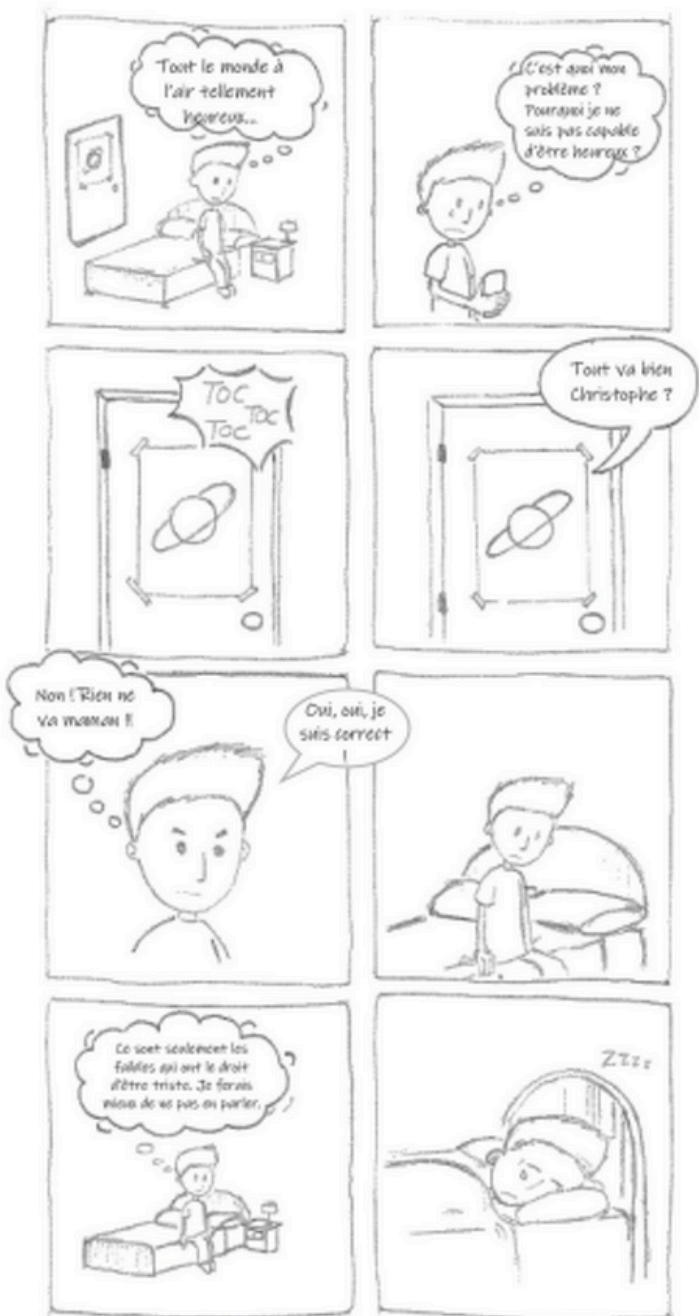


Si vous étiez Christopher, que feriez-vous parmi les scénarios suivants ?



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Scénario 2



Scénario 3



Christopher's Story

Scénario 4



Christopher's Story

QUESTIONS FOR THE DISCUSSION

1. Which scenario did you choose for Christopher? Why?

2. What do scenarios 1, 3 and 4 have in common?

Christopher decides to confide in someone.

3. What are some solutions if you found yourself in a situation like Christopher's?

Some possible answers: speak to someone I trust (a parent, friend, teacher, brother, sister, etc.); contact an organization such as Tel-jeune, La Maison l'Éclaircie or ANEB via their hotline.

4. What's going on in the second scenario?

Christopher has a negative attitude towards himself. He puts himself down by comparing himself with what he perceives on social media. He doesn't accept the feelings he is experiencing.

5. What could Christopher say to himself instead?

He could tell himself that it's normal to feel this way. He could make a list of all the people he could speak to about how he's feeling. He could make a list of things he enjoys doing and find solutions to adapt to the situation he faces. He could list all the positive things he does and figure out why he does them.

6. What did you learn from this activity?

