

Character and Life Skills

Pre-Viewing and Discussion Questions

Video Title: **Trapped, Self-Management**

Grade Level: **High School**

Pre-Viewing: Before watching the video...

1. What is your definition of freedom?
2. What kinds of freedoms do you have, as young people?
3. What freedoms do you not have?
4. What limits your freedom? How does that make you feel?
5. If your parents/guardians or teachers tell you not to do something, do you have the freedom to ignore them and do what you want? Explain.
6. Do you believe that adults have all the freedom? What limits or constraints are placed on adult behavior? Why?
7. Describe the freedoms that are granted to the students in your school. What happens when those freedoms are abused? How does that make you feel?

Discussion Questions: After you watch the video...

1. Why do you think this video is called *Freedom*? What other title might you give it? Explain your reason.
2. Describe Andrew's and Eric's different experiences with drug experimentation. How were these experiments an abuse of or exercise of freedom?
3. What kind of advice do you think Andrew was given by his family and teachers about drug use?
4. What do you think he did with that advice?
 - Why do you think so?
 - What do you think his reasoning was?
5. What kind of advice are you given by families and teachers?
6. What's helpful about advice given by mentors and adults?
7. What are the problems around their advice? What doesn't work? What doesn't match what you're facing in the world?
8. How do our genetic differences restrict our freedoms? Think of your answer not just in terms of drug and alcohol experimentation, but in terms of other freedoms affected by our genetic make up.
9. Stephen Covey has said, "While we are free to choose our actions, we are not free to choose the consequences of our actions." What does that quotation mean to you? How does this quotation apply to the video? What does it say about freedom with responsibility?