



The goal of this Study Guide is to facilitate for students of teenage years a better understanding of issues such as, Addiction, LGBTQ Community , First Nation Issues, Mental Illness such as anxiety, depression, self-harm, and suicide. The Unit is comprised of 13 short videos depicting a reenactment of real life experiences intended to help reduce stigma surrounding these topics and continue to promote an environment of greater understanding, support and acceptance in our society today.



Teens 101 Study Guide

Episode 5 – LGBTQ Acceptance – Joey’s Story

Episode #5 Study Guide- Joey

When reaching puberty at the age of 12, Joey was coming to the realization that that he was gay. Within his school and community, Joey felt that he was the on gay teenager. This terrified him. He confided in a “friend” who soon spread the word around school. Joey became the target of bullying and ridicule. Then it happened at home. His father could not accept that his son was gay and abandoned the family. Soon after, his mother abandoned him as well leaving him to live with his “unaccepting” grandparents. He was alone in the world. The only way out, so he thought, was to take his own life. This is Joey’s heartbreaking story.

Learning Goals:

After taking the quiz entitled "How much do you know about the LGBTQ Community" and after viewing Episode # 5 and discussing his/her responses with the class and the teacher, the student will have a better understanding of the LGBTQ community and it’s struggles.

Prior Learning:

Prior to the viewing of Episode # 5 the student will potentially have an understanding of some of the struggles faced by the LGBTQ community through different forms of media, through possible personal experiences and his/her own opinions and perceptions of the LGBTQ community.

Minds On:

Before the viewing of Episode # 5 the student will have taken the quiz entitled "How much do you know about the LGBTQ Community" (See worksheet #5a) and have discussed with other students and the teacher some facts and misunderstandings about the LGBTQ community and it’s struggles.

Action:

The students will be given questions on Episode #5 b (See Worksheet #5b). Discuss with the students that they will have to respond to the questions as they are watching the Episode and be prepared to discuss their responses following the episode.



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Following the discussion of the Episode questions bring the students attention to the section of the Episode where Dr. K discusses how a person can train their brain to challenge judgmental thoughts.

Divide the class up into groups and give each group the following list of discussion questions outlined by Dr. K to challenge and train our brain to be less judgemental.

1. Am I willing to see the situation/other person from another perspective? Give examples of how this can be done.
2. What steps am I willing to take to learn about situations and the feelings of others in this community. How do I feel when I am judged and how can I relate therefore to the judgmental views that some people may have about the LGBTQ community?
3. What are some things to do or say today to for me to be less judgmental and more accepting?

Consolidation and Connection:

After each group has discussed and developed ideas that support the three outlined discussion questions, the teacher can lead a group discussion based on the findings in each group.

Make the students aware that the LGBTQ Community and its struggles will be one of the topics that they will have a choice of completing an assignment on after all of the thirteen episodes of "Teens 101" have been viewed.



Teens 101 Study Guide Episode 5 – LGBTQ Acceptance – Joey’s Story

Answer Sheet

How much do you know about the LGBTQ Community? Worksheet 5a

1. Unfortunately, although there is more awareness of the struggles of the LGBTQ Community, homophobia still exists. **T/F (True)**
2. It is possible for people who are gay to become straight. They just need to find the right partner. **T/F (False- Many people believe that being gay is a choice. However, this further from the truth. People are born gay just as people are born straight).**
3. Most of the LGBTQ Community is 100% undistinguishable from straight people. **T/F (True)**
4. A survey given to members of the LGBTQ Community revealed that 81% of the individuals have felt or feel distress. Loneliness, isolation or discouragement related to their sexual orientation or gender identity. **T/F (True)**
5. “Coming Out” is a onetime thing for members of the LGBTQ Community. **T/F (False- People may choose to come out again and again depending on whether they feel it is significant enough)**
6. Bisexual individuals just say that they are bisexual for attention. **T/F (False- Bisexual means that the individual may have relationships with the same sex or opposite sex.)**
7. In a homosexual relationship one person takes on the role of the female while the other person takes on the role of the male. **T/F (False)**
8. Young people are questioning their sexual identity and gender identity earlier in life resulting in a shorter coming-out process. **T/F (True)**
9. In a survey given to members of the LGBTQ Community, 54% of the respondents said that they feel their life will be or has been more difficult than that of a person not part of a sex or gender minority. **T/F (True)**
10. Although, it has been very difficult for them to experience, many people of the LGBTQ Community have resigned themselves to the fact that they may be bullied, harassed and mistreated. **T/F (False- There is zero tolerance for this type of treatment for gay or straight people)**



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Episode 5 – LGBTQ Acceptance – Joey’s Story

Quiz #5a- "How much do you know about self-esteem?"

1. Unfortunately, although there is more awareness of the struggles of the LGBTQ Community, homophobia still exists.

True	False
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2. It is possible for people who are gay to become straight. They just need to find the right partner.

True	False
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3. Most of the LGBTQ Community is 100% undistinguishable from straight people.

True	False
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4. A survey given to members of the LGBTQ Community revealed that 81% of the individuals have felt or feel distress. Loneliness, isolation or discouragement related to their sexual orientation or gender identity.

True	False
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5. “Coming Out” is a onetime thing for members of the LGBTQ Community.

True	False
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6. Bisexual individuals just say that they are bisexual for attention.

True	False
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7. In a homosexual relationship one person takes on the role of the female while the other person takes on the role of the male.

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8. Young people are questioning their sexual identity and gender identity earlier in life resulting in a shorter coming-out process.

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9. In a survey given to members of the LGBTQ Community, 54% of the respondents said that they feel their life will be or has been more difficult than that of a person not part of a sex or gender minority.

True	False
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10. Although it has been very difficult for them to experience, many people of the LGBTQ Community have resigned themselves to the fact that they may be bullied, harassed and mistreated.

True	False
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Episode #5 Questions- Joey Worksheet 5b

1. At what age did Joey say that he realized that he was attracted to people of the same sex? What were his fears ?
2. Describe Joey’s experience with being bullied.
3. Joey says that his mother was his best friend . What happens to his relationship with his mother and how does it affect him?
4. Describe Joey’s relationship with his father and how it has affected him?
5. How did Joey finally start to cope with the hardships that he has experienced ?
6. Joey has found great happiness in his relationship and with his partner and his partner’s family. Discuss why he says it has helped him and how it has changed his outlook on the future.
7. Dr. K. says that the brain responds to emotional pain similar to the way that the body responds to physical pain. How does he say the brain responds to emotional pain?
8. Discuss what Dr. K. says about “Acceptance”