

VIDEO: THE CHRIS HERREN STORY

STUDENT REFLECTION & RESPONSE QUESTIONS TEACHER GUIDE

1. **Chris talks a lot in the film about the pressures he faced from his friends, family, and community to be a successful basketball player. Describe a time when you felt pressured from your friends, family, and/or community to be successful at something and how it made you feel. How did you handle it? Would you have done anything differently?**

Teacher Discussion Points: What does pressure feel like? How does it impact you physically and mentally? Describe different ways to handle pressure. What is peer pressure. How can you resist peer pressure – what can you do?

2. **Chris' former coach "Tark" mentioned that Chris had a way of reassuring people around him that everything was going to be OK, despite their concerns. Have you ever had a friend that was clearly struggling with something that brushed it off, or told you everything was fine? How did you respond? What do you think is the best way to help a friend in that situation?**

Teacher Discussion Point: Provide some examples of a good way to help a friend that is struggling.

3. **Chris kept secrets from his family and teammates about his addiction. Talk about a time when a secret or lie has impacted your life and/or the lives of those around you. How could the situation have been different if the truth was told?**

Teacher Discussion Point: Being truthful builds trust and strong relationships. Provide examples of how being honest and building trust can move you forward and how the consequences of being dishonest can affect relationships with family, adults and teachers.

4. **In order to gain control over his addiction, Chris had to stay in treatment for almost a year before returning to his family. Talk about a time when you had to make a sacrifice to achieve something better for yourself and why you made that decision.**

Teacher Discussion Point: Have you ever had to work at something before seeing the benefit? Describe how that commitment felt during the process and when you completed your goal.

5. **Chris has to work hard every day to maintain control over his addiction because he opened a door that he was unable to close. Have you ever opened a door that you could not close? How is your life different because of it? What steps have you taken to make the situation better?**

Teacher Discussion Points: What are choices that you have learned from? What would you do differently? It is never too late to start making positive decisions.

6. **List 3 ways that drugs and alcohol could potentially get in the way of you achieving your dreams.**

Teacher Discussion Points: Drugs and alcohol use can impact brain development and increase addiction risk in addition to memory loss, mental health issues, decreased motor skills and coordination. Poor decision making may result in breaking the law, unsafe sexual practices, decline in school performance and jeopardize family and peer relationships. Documenting drug and alcohol use on social media, with or without your permission, can be embarrassing and jeopardize your chances of getting into college or getting a job.