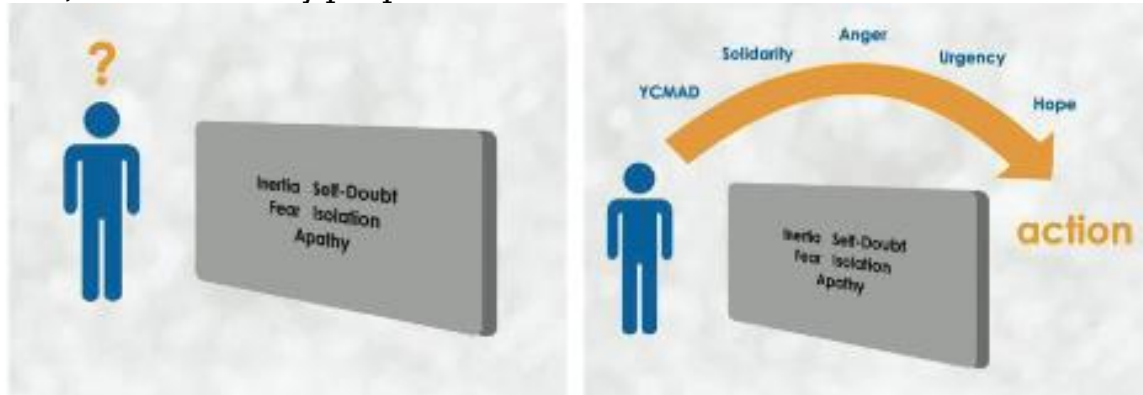


What are the experiences in your life that have shaped the values that call you to be an upstander?

Sharing stories can have powerful effects on others. And *everyone has a story*. So you will learn how to be an upstander for an issue that is important to you by learning how to share your own story. You will practice this story and receive feedback from the class. Your story must be two minutes long and must meet the structure outlined below.

First, let's look at why people act or not.



(YCMAD = You can make a difference)

What do the words in the box and the words around the arrow have in common? How are they different?

I am asking you to *tell your story* to help others become upstanders. What concerns, worries, questions do you have about this process? Write them here:

I am telling you that *your story* has the power to move others! What are you excited about or looking forward to?

Story of Self – Choosing to Participate

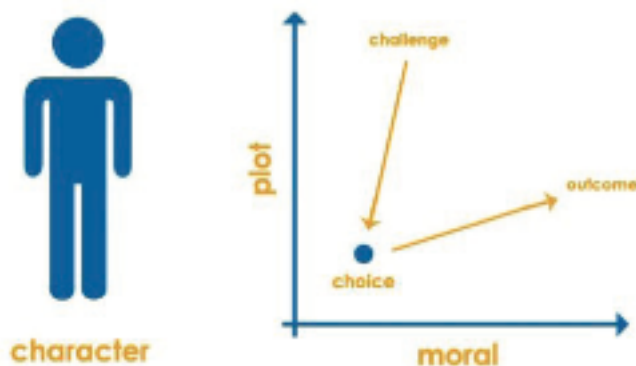
Three Key Elements of Story Telling Structure: Challenge – Choice – Outcome

A plot begins with an unexpected challenge that confronts a character with an urgent need to pay attention, to make a choice, a choice for which s/he is unprepared. The choice yields an outcome -- and the outcome teaches a moral.

Because we can empathetically identify with the character, we can “feel” the moral. We not only hear *about* someone’s courage; we can also be inspired by it.

The story of the character and his or her effort to engage around values engages the listener’s own challenge, choice, and outcome relative to the story. Each story should include the challenge, the choice and the outcome. It’s not enough to say, “I was scared.” You need to say, “I was very scared, I needed to decide, and when I did, I learned it was possible.”

Narrative Structure



What questions do you have about this structure?

P.S. Challenge doesn’t mean it has to be some hardship. A challenge could mean the mountain you had to climb as well as a hole you had to climb out of.

Story of Self – Choosing to Participate

Developing Your Story of Self

Before you decide what part of your story to tell, think about these questions:

1. What is an issue that you are passionate about (combating racism, sexism, hate crimes, violence, etc)?
2. What will you be calling on others to do?
3. What values move you to take action like that and might also inspire others to similar action?
4. What stories can you tell from your own life about specific people or events that would show (rather than tell) how you learned or acted on those values?

Family & Childhood	Life Choices	Other
Parents/Family Growing up experiences Your Community Role Models School	School Jobs Partners (girlfriends or boyfriends) Hobbies/Interests/Talents Experiences finding passion Experiences overcoming challenge	Influential people or books Volunteering or Service Activism Awareness of others Travelling

Start Brainstorming!

Challenge: What was the specific challenge you faced? How was it YOUR challenge?	Choice: What was the specific choice you made? Where did you get the courage? Or not?	Outcome: What happened as a result of your choice? What hope can it give others?