

SHOW
UP



**Student
Edition**

Team Study

Session 1

Chapters 1 & 2

Chapter 1: "A Select Few"

BIG IDEA: The best way to bring positive change to your school is through students willing to show up for others. Are you one of them?

Before we start, thank you.

Too often, great opportunities slip through our fingers because of anxiety, nerves, or fear to venture into the unknown and take a risk. Yet, the fact that you are reading these words shows you are different than most. Showing up intrigues you. Stepping out of your story and into someone else's captivates you. Most importantly, your desire to do something meaningful inspires you.

To start your journey: What makes you most excited about this Team Study?

It's not good for anyone to be alone; everyone needs relationships. This truth includes you, your teammates, your classmates, and especially the lonely students at your school that you see every day.

Think about a relationship that means a lot to you. How would you describe it and what makes it great?

Chapter 2: "Notice"

BIG IDEA: Noticing others doesn't start with your eyes. It starts with your heart.

Remember a time when you were lonely, hurt, or down—even new to the team.

Did anyone notice you and your situation? If yes, how did that make you feel? If no, how would that have helped?

All schools have students who feel alone or invisible or anonymous or ignored or hurt. Who have you noticed that fits this description? Write their initials.

GO DEEPER AS A TEAM

Together, list and discuss several cultural, racial, or other personal barriers that cloud the ability to notice other students.

Does your place on this team help you or hinder you from noticing students?

Is there anyone on this team who seems lonely?

Session 2

Chapter 3

Chapter 3: "Choose"

BIG IDEA: After noticing someone, you have a choice: Do little/nothing or take action.

In the previous session, we discussed noticing others. Have you ever noticed someone struggling yet decided to not do anything about it?

List the honest reasons that prevent you from choosing to show up for other students in your school.

GO DEEPER AS A TEAM

Sure, you may notice a student and feel bad for him or her. You will then have a choice to make: 1) Do little/nothing or 2) take action. Rather than waiting for that opportunity to arrive, you can take simple, but profound, action now.

*In this moment, decide if you will show up for other students at your school.
Choose Yes or No.*

As a team, share your decisions. Consider forming accountability partnerships. This will leverage the power of your team.

Session 3

Chapters 4 & 5

Chapter 4: “Start”

BIG IDEA: Start simple. Start small. But just start.

Is it easy for you to start doing something new? Why or why not?

Who do you know that makes showing up look easy? What does he or she do that seems to work?

GO DEEPER AS A TEAM

Together, develop a list of ridiculously easy ideas about how to start showing up for other students—take turns, everyone must share at least one.

What is the one, small first step you commit to trying this week?

How will you challenge one another as teammates to begin showing up for other students?

Chapter 5: “The Invitation”

BIG IDEA: Decide to take next steps.

Imagine what your school could look like with less loneliness. Less hurting. More hope.

As a team, share ideas on how to make a school-wide “Show Up” impact.

How will you start?

To help your brainstorming, here are some insightful ideas to start your conversation:

Approach your athletic office or school administration.

Set a meeting, share a copy of Show Up: Student Edition and discuss your group’s journey thus far and share your desire to reach the entire school with a message for everyone to show up for fellow students. Chapter 5 contains a strong example and stories to share and provides a solid snapshot of the challenge you wish to offer students.

Organize with other teams.

Imagine a movement at your school led by teams coming together. Together, the likelihood of success and making a big difference grows.

Host a large gathering.

Consider creating an event that brings everyone together at the same time to be challenged, encouraged, and inspired together. Invite students to share personal stories of how others showed up in their lives, similar to the story in Chapter 5. Or bring in the authors, David Staal and Scott Staal. Whether starting a school-wide movement or celebrating the conclusion of it, events create energy that leads to valuable momentum.

Every student who walks the hallways and sidewalks of your school is on a journey. To change the world, one person’s world at a time, can only happen through the tremendous power of a student-by-student effort. But it must start with someone.

Be the one.