Selfies Video

Discussion Questions

1. Rebecca Brown decided to create a video to make the world aware of her challenges. What other positive ways can you think of for an individual to express themselves?
2. What were your thoughts while watching her progression through the years?
3. If you were not told that she had a mental illness, would you know? Why or why not? Do you find yourself judging people before knowing their story? Explain.
4. There are people who are not comfortable sharing their story with others. Why do you think this is? How can “knowing each other” change our society as a whole?