

Meet Emma

Emma is a hard-working sibling who takes on multiple responsibilities. She struggles to find herself while supporting her brother. Watch as she grows to accept help and begin her journey toward self-care and decision-making for her future.



As you watch Emma's story, think about the following questions:



✦ Video 1 - Young Icarus

- What challenges do you see Emma experiencing?
- What positive influences do you see in Emma's life?
- Referring to the I'm Determined Elements, which Elements do you believe she already possesses?
- Which Elements could she develop?



✦ **Video 2 – My Super Power**

- Emma feels overwhelmed by all the people that need her. What Elements should Emma practice?
- Why was Martin's comment about Emma getting a zero on her paper hurtful?
- How is Emma's self-awareness impacted by her interaction with Steph outside the party?



✦ **Video 3 - Why Are You OK?**

- What Elements are demonstrated when Emma puts Martin's Adderall back in the medicine cabinet?
- What Elements do you think Emma has developed throughout this series?
- How will Emma's growth in these Elements help in her future after high school?

The Elements comprise the essential skills necessary for increasing self-determination skills.
This poster is a simple reminder of the Elements and their definitions.

SKILLS

CHOICE MAKING

Picking a path between two known options.

Cm

DECISION MAKING

Choosing a path based on the presented solutions.

Dm

PROBLEM-SOLVING

Exploring solutions to difficult or complex issues.

Ps

ABILITIES

SELF-REGULATION

Monitoring and adjusting one's own behavior in various situations.

Re

SELF-ADVOCACY

Speaking up to defend a cause, yourself, or others.

Ad

GOAL SETTING & ATTAINMENT

Establishing a measurable goal and the steps to achieve it.

Gs

BELIEFS

INTERNAL LOCUS OF CONTROL

Accepting responsibility over outcomes important to your life.

Lc

SELF-EFFICACY

Trusting your own means to succeed or accomplish specific tasks.

Ef

SELF-AWARENESS

Understanding your own strengths, abilities, and needs.

Aw

Meet Steph

Steph is an intuitive high schooler with a strong voice and ability to persevere. She struggles to advocate for herself in social and academic settings. See Steph experience high school, build friendships, and find support networks so she can be heard.



As you watch Steph's story, think about the following questions:



✦ Video 1 – 8 Bit Avatar

- What challenges do you see Steph experiencing?
- What positive influences do you see in Steph's life?
- Referring to the I'm Determined Elements, which Elements do you believe she already possesses?
- Which Elements could she develop?



✦ **Video 2 – Voice Activated**

- Martin tells Steph someone should say something to Mr. Skidmore about him making her use a speech device. Which IMD Elements are Martin and Steph working through here?
- When Tony apologizes to Steph after her physical therapy appointment, which IMD Elements does Steph demonstrate?
- Martin points out to Mr. Skidmore that Steph has her hand raised. Which part of C.A.R. (Competence, Autonomy, Relatedness) does Martin support here?
- Why is Martin's comment powerful?



✦ **Video 3 - Plastic Cup**

- What Elements do you think Steph has developed through advocating for her preferences and needs?
- Why is Steph's conversation with Emma important to the development of their self-determination?
- What kind of things did Steph do at the wrestling party that highlighted her strengths and independence?
- What steps are Steph and her mom taking to strengthen their conversation with each other?

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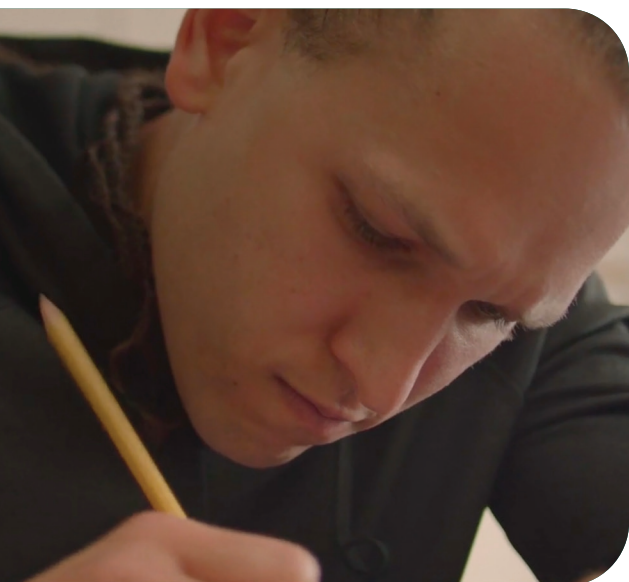
Aw

Meet Tony

Tony is a talented wrestler who struggles in the classroom. This three-part video series navigates his experiences with dyslexia, his family, and his peers. Discover how certain moments create lasting implications for Tony's future.



As you watch Tony's story, think about the following questions:



✦ **Video 1 – The Ballad of the Hulk**

- What challenges do you see Tony experiencing?
- What positive influences do you see in Tony's life?
- Referring to the I'm Determined Elements, which Elements do you believe he already possesses?
- Which Elements could he develop?



✦ **Video 2 – What Comes After Certainty**

- Which IMD Elements does Tony's dad suppress? How does this affect his relationship with Tony?
- Tony reaches out to his coach as he looks to set future goals. Was this a positive or negative exchange?
- How does Tony's uncle support Tony?
- What Elements can Tony learn from Steph in their interaction at the horse farm after Steph's physical therapy?



✦ **Video 3 – Me & Mr. Ishiguro**

- How does Tony's attitude change after getting the educational resources that he needs?
- What Elements has Tony developed through his discovery of having a disability?
- What kind of boundaries did Tony establish with the people in his life in order to continue to pursue his goal?

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