

UNIT 10

Be Curious and Engaged

Many young people have found ways to express and empower themselves in difficult times as activists, artists, and students. Connecting with others around shared values and interests can be a source of joy and meaning. This week, we'll focus on who you are and how you want to express, embrace, and share with the world around you.



TOOL 1

Claiming Your Story

This tool invites you to reflect on who you are and what matters to you in your

Choose two or more of the prompts below and write or draw your responses below:

Prompt Options:

- I value...
- What matters most to me is...
- I consider my greatest achievement to be...
- I am inspired by...
- If I could talk to my younger self, I would say...
- Something I really wish others knew about me is...
- The people who support me and what I want to accomplish in life are...

Responses:



TOOL 2

Express Yourself

We all express who we are in different ways. How do you want to express your perspectives about what is going on in the world and your community? What kind of music, art, or other forms of

Explore Connections and Social Movements

