DiGii-Discuss

Never leave yourself behind…

"Be there for others, but never leave yourself behind"

Wrap your talking gear around this…

- Is it easy to get so busy looking after other people online and offline too, that you forget to think about yourself and your own needs?
- Do you think you can feel worn out if you look out for others all the time and forget to look out for yourself?
- What other feelings do you get if you do lots of things for others who don't reciprocate or think to look out for you?
- What can you do when you're online to make sure that you look after yourself as much as you look after others?
- Is it the same looking after yourself online as looking after yourself offline?
- Who's in charge of looking out for you?

Use these discussion starters as a jumping off position to explore the saying. Always try and come up with some actions that would help everyone in the discussion to learn and grow. Be curious, have fun and be prepared to change the way you think – and behave!

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