DiGii-Discuss

You are so loved…

"Your value doesn't decrease based on someone's inability to see your worth."

Wrap your talking gear around this…

- Does what someone else says about you mean it's true?
- Can other people's words cause you to feel hurt? Can your words hurt other people if you're not careful with them?
- On social media, are people always nice?
- Can someone who doesn't even know you say horrible things about you online that makes you question your worth?
- Who should you believe the most – online and offline – when it comes to feeling worthwhile and loved?
- How could you help someone online if you thought that someone was purposefully bringing them down?

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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