



Katie Piper

Themes: self-esteem, confidence, body image, trauma, resilience

Video link: <https://vimeo.com/freethechildren/review/268866455/818694dbf9>

These discussion questions are designed to deepen your students' learning experience. Once you have watched the video, use these questions to test your students' knowledge, cement their understanding and introduce more complex themes and ideas. Students should be encouraged to share and discuss their opinions with their peers, developing their communication, argument formation, information literacy and critical thinking skills. Whilst we have differentiated the questions for primary and secondary age groups, feel free to mix and match the questions as appropriate for your group.

Remember that some students may have experience of trauma or self-esteem issues, as Katie discusses in the video. Ask the class to be sensitive and considerate during discussions. For further information and support, visit <https://katiepiperfoundation.org.uk>.

Primary

- 1) Describe the main theme of this video. How does this make you feel?
- 2) Why do you think Katie decided to share her story with the world?
- 3) What does the word "resilience" mean to you? How has Katie shown resilience to overcome her circumstances?
- 4) Everyone has unique qualities and differences. Why is it important to recognise that we are all different and unique?
- 5) Where does self-confidence come from? What things can you do to make yourself feel more confident?
- 6) What is the challenge Katie set for you? What steps are you going to put into place to take up this challenge?

Secondary

- 1) What is the challenge that Katie Piper sets, at the end of the video?
- 2) How would you define self-esteem? Why do you think it is important?
- 3) Katie suffered huge physical and mental trauma. How do you think our physical and mental health are connected?
- 4) When Katie was attacked, her life changed instantly. What are some of the ways Katie began to overcome her attack? What are some ways we can deal with major life changes?
- 5) Katie has challenged other people's expectations of her. How can we challenge society's preconceptions?
- 6) What are some actions you can take to improve your self-esteem and self-worth?