



## *Human Kind. Be Both.*

**2014 NO BULL Documentary of the Year & Best Message Award**

By

**Christi Xiong and**

**The Fresno Unified Student Advisory Board**

Fresno, California



# The Great American **NO BULL** Challenge

## Critical Discussions

[www.nobullchallenge.org](http://www.nobullchallenge.org)

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*Use the following questions to facilitate an honest student-led critical discussion on the theme presented in Human Kind. Be Both.*

#### **EVERYONE YOU MEET IS FIGHTING A BATTLE YOU KNOW NOTHING ABOUT. BE KIND ALWAYS.**

Why is it important to understand people and their situation? What sort of prejudice(s) or judgement(s) have you felt in your life—at school or at home? How can kindness help cure such prejudice and judgement?

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#### **OFTEN PEOPLE WHO BEHAVE IN HATEFUL WAYS WANT TO EXERCISE POWER OVER US.**

Has anyone ever been hurtful just to get a reaction from you or a friend? How did you or your friend respond? What have you learned from the experience? How do we stop people from having power over us? Have you ever been hurtful toward others? Why?

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#### **WORDS CAN HURT AND WORDS CAN ALSO BE ENCOURAGING, COMFORTING AND LOVING.**

Why are words so powerful? Are you conscious of the words you use? Is it possible to take back words that are hurtful? Tell a story about the power of words in your life.