



*PROJECT*  
*ROKIT* **TV**



# INTRODUCTION

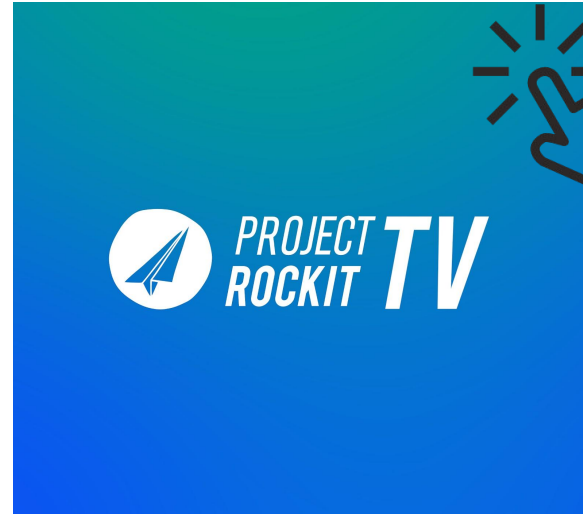


Welcome to Series 4 of PRTV.

Project Rokit and YDAS have come together to provide you with 7 videos written and produced by young disabled people to help you understand their lived experience. Their experience offers advice for young people about how to navigate a world where we all need to advocate, to deal with discomfort, to explore relationships, for ourselves and for each other.

This Discussion Guide offers you ideas for how to talk about these videos in class. Inside you will find a summary, the issues and discussion questions to help you use these videos in your lesson plans.

# EPISODES: SEASON 4





DISCUSSION NOTES



# ADVOCACY

> Olivia and Sammy discuss the challenges and importance of advocating for yourself and others.

*"When I was in 8th grade I wrote about what it's been like for me, having a speech impairment. That was the first time I realised that my words had power." - Olivia*

## THEMES

**Embrace being yourself:** ADVOCACY challenges the idea of needing to be "normal" and asks students to consider everyone's uniqueness and to celebrate and value that in themselves and their friends.

**Connect with understanding people:** ADVOCACY puts value on forming genuine friendships with people who see and appreciate you for who you are, without judging you based on stereotypes.

**Face Stereotypes Head-On:** ADVOCACY highlights the hurtful stereotypes and discrimination Olivia experiences as an autistic person like being teased, excluded and assumptions made about who she is and her capacity.

## QUESTIONS

1. How can we celebrate each other's uniqueness and differences?
2. What kinds of words can we use to advocate for someone who is excluded or whose differences make living in the world more difficult?
3. What would you like to ask Olivia, and what do you think her answer might be?



BUILD  
A WORLD  
WHERE  
EVERYONE  
KNOWS  
THEIR  
VALUE

# FITTING IN

> Felix and Carly bring together the ensemble cast of PRTV to explore what it means to be included, or excluded.

*"I fit in with my friends. They see me for all I am, coloured, disabled, ill." - Arya*

## THEMES

**Feeling out of place:** Each speaker shares their experiences of feeling like they don't fit in, whether it's in crowds, parties, school, public spaces, or with classmates, expressing challenges they experience. This is contrasted by the places they feel accepted in.

**A call for a world without disability:** FITTING IN challenges the notion of disability and suggests that in a truly inclusive world, disability wouldn't really be a thing, because everyone's unique needs would be met. The speakers call for a world where everyone can fit together like puzzle pieces.

**Being agents of change:** The cast urges us to take an active role in designing a more inclusive world, to consider how they can contribute to creating spaces and systems that adapt to everyone's unique needs, promoting acceptance, and fostering belonging for all.

## QUESTIONS

1. Where do you feel like you fit in the best?
2. Where are places where you don't feel like you fit in or belong?
3. What can we do as a class to make sure we are a place where everyone feels they can fit in?





# INTERSECTIONS

> Arya and Fatima openly discuss the different aspects of their identity and how much value they find in recognising and being supported in their intersectional identities.

*"When we approach someone new, or even people who we already know, it's so important to be empathetic and understanding of their experience." - Arya*

## THEMES

**Intersectionality:** Intersectionality refers to the aspects that make up an individual's identity, such as race, disability, gender, and more. It recognizes that people are unique, with different experiences shaped and shaping identities.

**Communication and Empathy:** Understanding the experiences of others, especially those with intersecting identities, requires open communication and empathy. Listening and being there for each other can make a significant difference.

**Advocacy and Support:** Being an ally and advocating for those with intersecting identities can foster a more inclusive and understanding community. Supportive actions, whether it's creating accessible spaces, being aware of someone's needs, or helping to amplify their voice, can create a more inclusive society for everyone.

## QUESTIONS

1. What are some of the important intersectional parts of your identity?
2. How do different parts of our identity impact our lives?
3. In what ways does society make it hard for people who have multiple and minority intersectional identities, like Arya?



# STIMMING

> Chloe and Abe talk about stimming - what it is, why people do it and why it can help all of us.

*“Our bodies can often hold a lot of our stresses and anxieties. Stimming is a great way for our bodies to release that tension.” - Chloe*

## THEMES

Stimming isn't just an autistic thing: It's a common misconception that only autistic people stim. In reality, neurotypical people stim, too - they just might not realize it. Common examples of stimming include rocking, tapping fingers, and humming.

Our environments impact us in many ways: STIMMING tells us that some people have higher sensitivity to their environment than their peers whereas others have lower sensitivity to sensory stimuli.

Stimming manages anxiety and overstimulation: Stimming often comes from anxiety due to being overstimulated or 'sensory overload'. Chloe and many others find stimming is a fantastic way to ground their energy by focusing their attention.

## QUESTIONS

1. Stimming is something many people do, not just neurodivergent people. What other behaviours do we all do, but attribute to a specific group of people?
2. What ways can you think of that you may have stimmed in the past?
3. Chloe says she stims to manage her anxiety or sensory overload - what strategies do you have to manage your own anxiety and overwhelm?



# ASSUMPTIONS

> Freya, Kurin and Ella challenge our assumptions and teach us that disability is all about how and who the world is designed for.

*“Disabled people can really struggle with this because the world views any disability as a negative. But the actual problem isn’t my body, or Freya’s wheelchair. It is how the world is set up which restricts people with disabilities.” - Kurin*

## THEMES

**Disability is Diverse:** Disability exists on a spectrum and can manifest as physical, intellectual or other disabilities. Some are visible while others aren’t, and we as a society need to keep that in mind.

**Body Positivity Matters:** Society's view of disability can severely impact a person’s body image. Making public places more accessible can help people with a disability to feel included, accepted and ultimately just better about themselves as people.

**Everyone Deserves Access:** Creating a baseline of accessibility ensures that people with disabilities don't have to work extra hard to navigate the world, but also makes the world better for the entire community, promoting fairness and equality for everyone.

**Beyond Physical Access:** Accessibility extends beyond physical barriers, considering factors like sensory sensitivity and creating inclusive environments in schools, workplaces, and public spaces.

## QUESTIONS

1. What would a world look like where “disability” wasn’t a way to describe people?
2. How can we provide better access for everyone at our school?
3. What are some of the many types of disabilities people have that are not visible?



# DISCOMFORT

> Olivia and Nick have a conversation about the assumptions we make and how when we realise we have made a mistake, we feel uncomfortable. They ask us to embrace the discomfort and use it to motivate us to learn.

*“People make assumptions, or use words that are offensive - and they don’t mean it... Well, sometimes they do, but let’s focus on the times that they don’t.” - Olivia*

## THEMES

**Person-first vs. Identity-first language:** Some individuals prefer to be referred to as person with a disability, while others prefer disabled person. It's essential to respect each person's preference, and when in doubt, it's okay to ask or follow the lead of the person you're interacting with.

**Apologising and taking accountability:** If we have offended someone, it's essential to apologise sincerely and take responsibility for our actions. Avoid being defensive and instead focus on making the offended person feel safe and heard.

**Challenging prejudices:** Prejudice involves forming opinions about others without real reason or experience. It's important to be open to challenging our prejudices and engage in conversations with others to learn from their experiences and perspectives.

## QUESTIONS

1. What assumptions do people make about you? How does that make you feel?
2. How can we best be open and upfront when people make incorrect assumptions about us?
3. When you feel uncomfortable, what strategies can you use to make that a positive discomfort - rather than get angry or try and hide from it?





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# RELATIONSHIPS

> Jaxson and Kurin discuss how we all want to connect with people in meaningful ways and how for disabled people, there might be more to think about.

*"It can be hard to find accurate representations of any relationships that include disability." - Kurin*

## THEMES

**Communication is Key:** In any relationship, but especially when one partner has a disability, open and honest communication is essential. Finding the right ways to communicate, respecting each other's needs, and being patient with awkwardness in the beginning can lead to a deeper connection.

**Set Boundaries:** Everyone has boundaries, and it's crucial to be upfront about them in any relationship. Disabled individuals have the right to feel safe and comfortable, and partners should accommodate and respect those boundaries without judgment.

**Valuing Disabled Relationships:** A disability is not a barrier to forming deep connections with a partner. As with any relationship, it's based on love, belonging and acceptance.

## QUESTIONS

1. What are some questions that might break the ice and help us be open and honest with each other?
2. How do we deal with the awkwardness of starting a new friendship or relationship?
3. What are some different types of relationships we have seen and know about that don't fit the standard model?