



**DO THE RIGHT THING**

# **STAYING REAL UNDER PRESSURE**





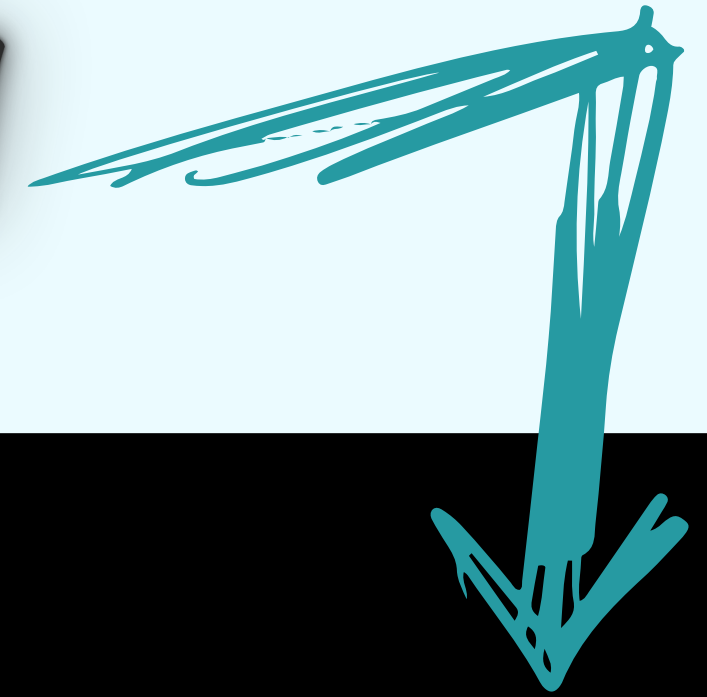
# INTRODUCTION

Today, we will:

- \* Discuss how staying real connects to self-awareness and self-control.
- \* Watch an interview with rapper Reuben Vincent.
- \* Create a personal message that expresses why authenticity matters.



# SEL CONNECTION



Today, we will practice **self-management** by reflecting on authenticity and how to stay real even when there's pressure to be someone else.

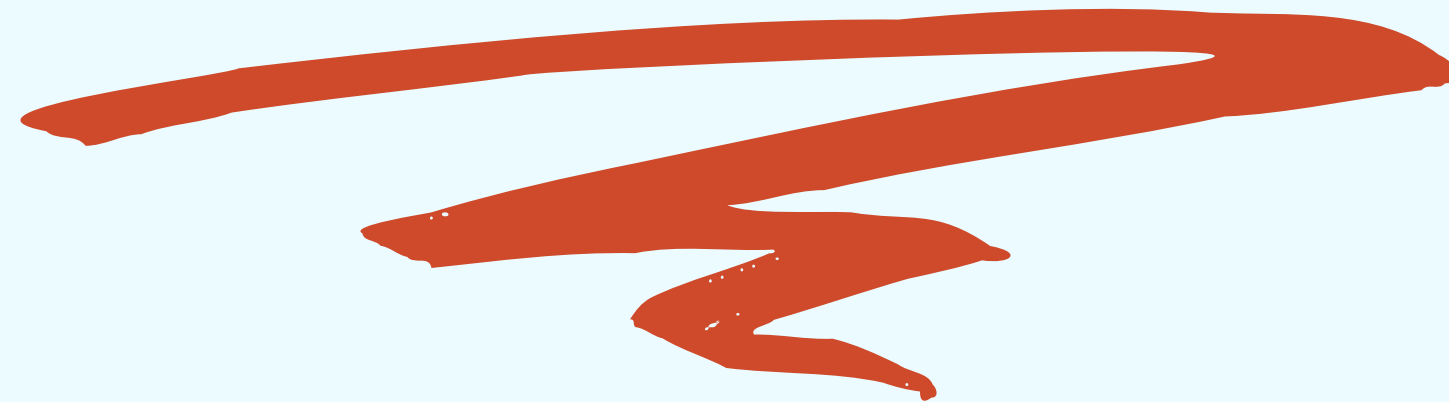




CULTURE COLLAB

FEAT.

REUBEN VINCENT





# LESSON: PART ONE



TALK ABOUT IT



## BUILDING MY IDENTITY

### REUBEN VINCENT

Up-and-coming rapper and songwriter from North Carolina, signed to Roc Nation (Jay-Z's label).

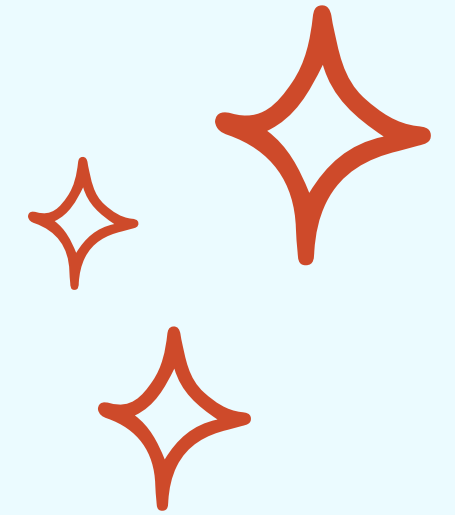
- Known for being authentic and thoughtful in his music, balancing success with staying true to himself.
- Recognized as a rising voice in hip-hop, inspiring young people to build confidence in their identity.



# CULTURE COLLAB



WATCH A VIDEO







# ICEBREAKER

# WOULD YOU RATHER...



# ICEBREAKER

>>> GET MOVING!

## WOULD YOU RATHER...

- 1) Read and listen to the "Would You Rather" prompts.
- 2) Move to the site of the room that matches the option you would choose.
- 3) Volunteers can share why they made their choice after each round.



## WOULD YOU RATHER...

Be liked for pretending?

OR

Misunderstood for being real?





## WOULD YOU RATHER...

Go viral for being fake?

OR

Stay unknown for being real?



## WOULD YOU RATHER...

Tell a friend the truth?

OR

Stay quiet to keep the peace?



## WOULD YOU RATHER...

Follow a trend you don't like?

OR

Skip it to stay true to yourself?





# LESSON PART ONE

# BUILDING MY IDENTITY





# LESSON: PART ONE



WATCH A VIDEO

## BUILDING MY IDENTITY

Watch Reuben Vincent's interview  
on Building Identity During Success







### BUILDING MY IDENTITY

**Key Quote:** “Be authentic to who you are no matter what surrounds you.”

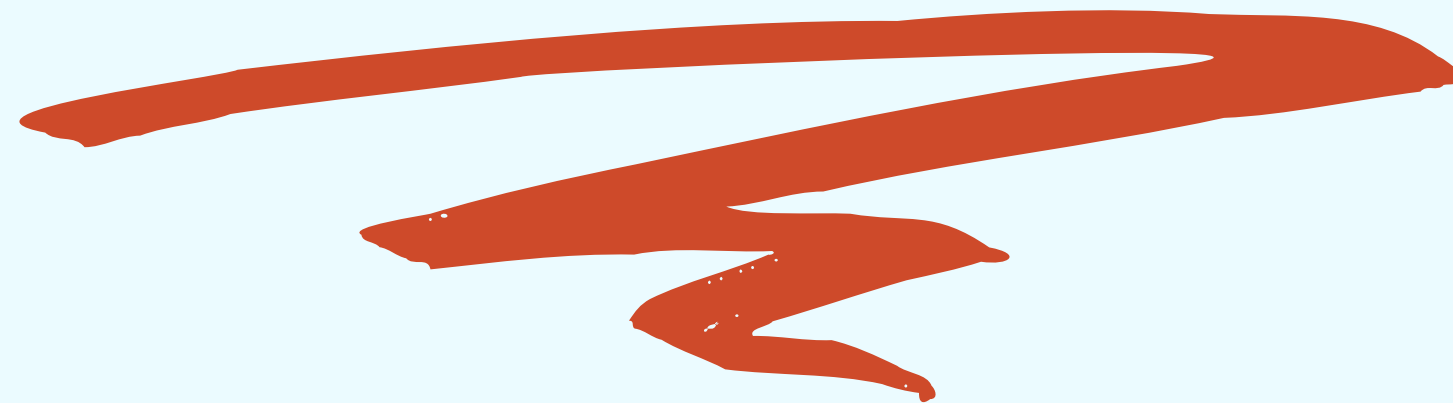
- What does Reuben mean by this?
- Have you ever felt like you couldn't be authentic?
- What emotions came up (shame, fear, pressure, etc.)?
- How did it affect your choices or behavior?
- What's one thing you could do differently next time to stay real?





# LESSON PART TWO

# SELFIE MESSAGE



# LESSON: PART TWO

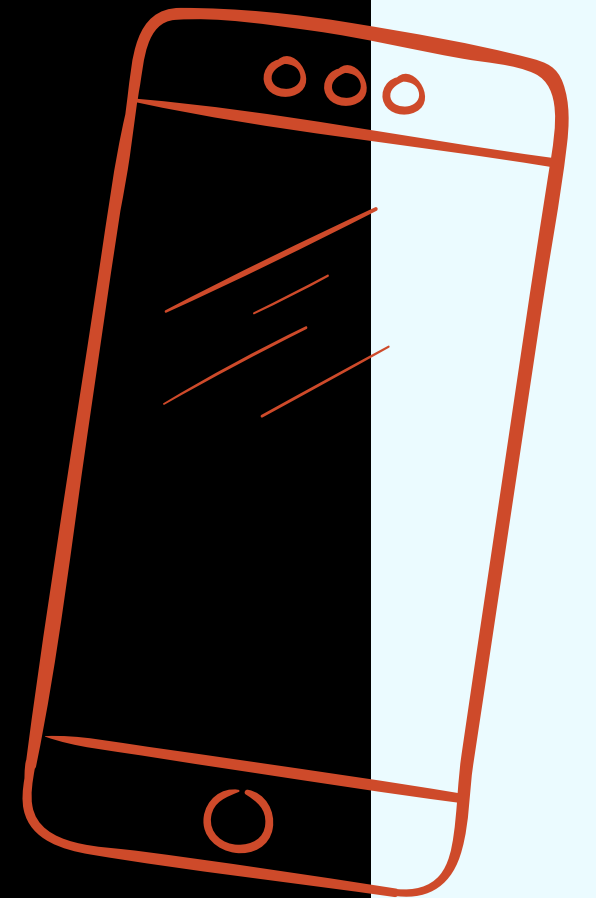


## SELFIE MESSAGE

Record (or write) a message to your future self about authenticity.

Your message can be:

- Spoken word
- Short poem
- Rap
- Personal message



# LESSON: PART TWO



## SELFIE MESSAGE

### OPTIONAL PROMPTS

Authenticity matters because it helps me...

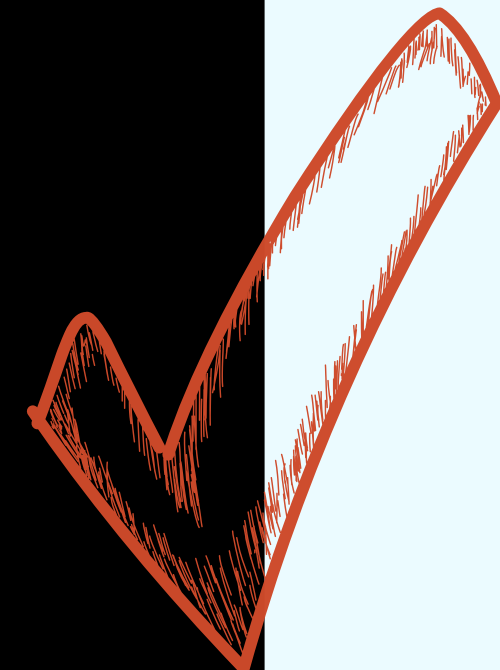
When I'm fake, I feel \_\_\_ because...

One person who shows me authenticity is \_\_\_ because...

Being authentic helps me handle pressure by...

### INCLUDE

- Why authenticity matters
- A personal example
- Your hopes for the future
- Who you're called to be



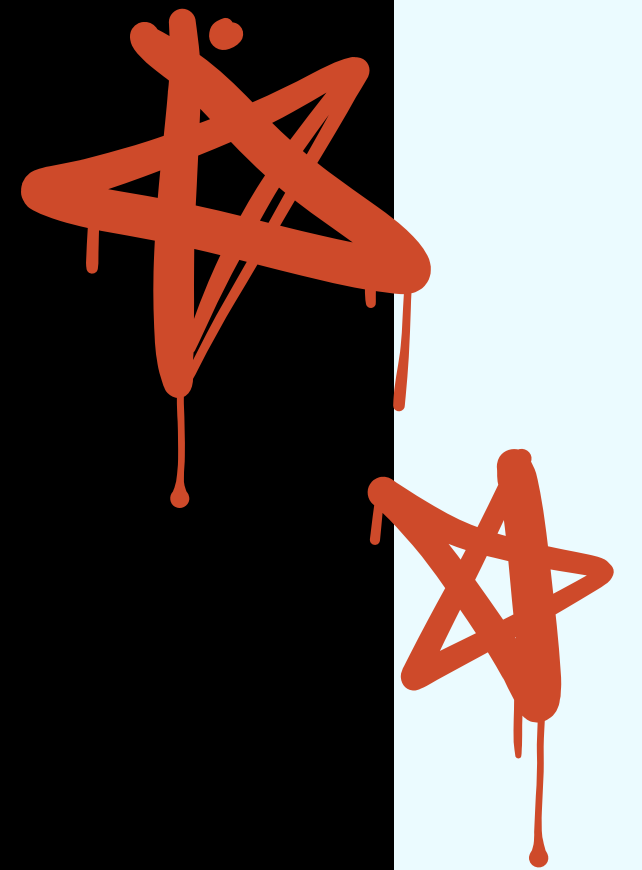
# LESSON: PART TWO



## SELFIE MESSAGE

Share Option:

- Record on your phone as a time capsule
- Share with the group





# CLOSING REFLECTION



## JOURNAL PROMPT

What's one situation this week where I want to be more authentic?  
What will help me handle it with confidence and self-control?

