



THROUGH OUR EYES

LEADING

FAMILY JOURNAL

Dear Family,



“Leading” is another episode from the award-winning series, *Through Our Eyes*. You may see yourself, family members, or someone else you know in the stories of the featured children and their families. This journal is designed to support you, your child, and the rest of your family as you watch “Leading” together and explore how to help ensure that everyone is treated with kindness, fairness, and respect. Keep this journal handy to write down your ideas and questions about how we can all use our voices and actions to help make our world a fairer and more welcoming place for everyone.

Meet the Children



Audre is an upstander for herself, her family, and for her community. Together with her friend, Gia, she organizes and leads a school assembly to teach others how to stop acts of hate against Asians.

“It’s inspiring to see young people like me stand up for their rights.”

– Audre, 10 years old



Kali is a member of a youth-led group called the Radical Monarchs. This troop of young people organizes and leads a peaceful protest in their community in support of justice and their beliefs.

“It doesn’t matter how old you are if you’re fighting for something important.”

– Kali, 11 years old

Family Viewing Tips

Watching a video before sharing it with your child helps you prepare for questions your child may have. As you watch, write down ways in which your family uses their voice and actions to help others. Ideas include:

- Healthy and positive personal and family pride
- Involvement in school, community, and faith-based activities
- Courageous conversations about bullying, racism, unfair acts against others, and more

Having open and honest conversations about our similarities and appreciating our differences can help children learn to use their voices and actions to help everyone be treated with kindness, fairness, and respect.

before

We are all special!

A healthy sense of self and belonging helps to build children's confidence and feelings of self-worth. When we understand what makes us special, we are better able to see how others are special too. Talk about what being an upstander means to your family. Share that the children in the video have the support of trusted grown-ups, like parents and teachers, who help them feel proud to stand up for themselves and others.

during

Follow your child's lead.

How children see themselves and the world around them can be as unique as a fingerprint. Some families are faced with acts of racism, ableism, and other acts of injustice. Others know of someone who has been treated unfairly. As you watch the video together, pause to ask how your child is feeling. Should you continue the viewing or take a break? Follow your child's lead. See "Questions Kids Ask" on the next page for additional support.

after

How can we all become upstanders?

There is no such thing as a small act when you are supporting someone. Some children may select ways to get more involved based on acts they may have seen or experienced. This video may bring forward a lot of feelings for your child (and perhaps for you). Attend to the feelings first. When ready, think about ways to put your feelings into action. Perhaps it's making your own family feast.

Questions Kids Ask

Most of us have shown bias or prejudice at some time and many of us have been treated unjustly. Some acts are more than bias and prejudices. Racism, for example, is a system of advantages and privileges based on racialized identities. All “-isms,” such as ableism, sexism, and more are learned forms of injustice. Talking about injustice helps to answer children’s often hard questions about the unfair treatment of people. It can also help us all learn what we can do to make our diverse world fair for all.

These conversations can take place before and as you watch “Leading,” or later during everyday moments like shopping for groceries together. Continue to model how talking helps us use our words to share how we feel about what is happening. Sharing can help us feel better.

What does racism mean?

Racism is treating people unfairly because of the color of their skin, the shape of their eyes, the languages they speak, and more. Treating people unfairly is wrong.

What’s an upstander?

An upstander is someone who uses their kind voice and actions to help others. Upstanders make their communities—and the world—better for everyone.

What color are we?

There are many different skin colors. All skin colors are beautiful. In our family, we call our skin color _____, and like other colors, ours is beautiful!

Why do people have different skin colors?

We all have a substance in our bodies called melanin. Melanin is what gives our skin, eyes, and hair pigment or color. The more melanin we have, the darker the pigment will be.

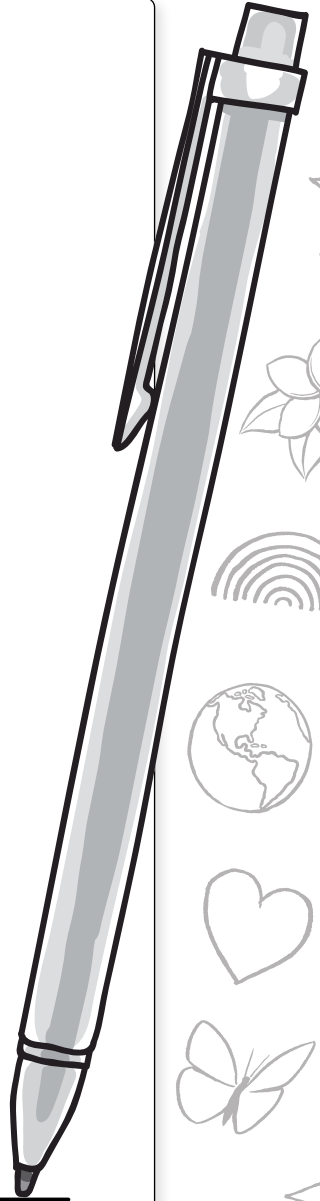
How can I help if I see someone being treated unfairly?

In “Leading,” we learned that standing up to help others is called being an upstander or an activist. Like the children in the video, we know that it is best to ask a grown-up that you trust, like a teacher or coach, for help. A trusted grown-up will make sure everyone is safe. When it is safe, we can let the other child know that something is unfair. We can practice what to do and say. For example, we can say, “That’s not fair” to the child who is being unkind. We can also ask, “How can I help?” to the child who was harmed.


These are your drawing and writing pages! Share your ideas, questions, and how you can show respect and fairness to your family, friends, and yourself.



MY JOURNAL: LEADING



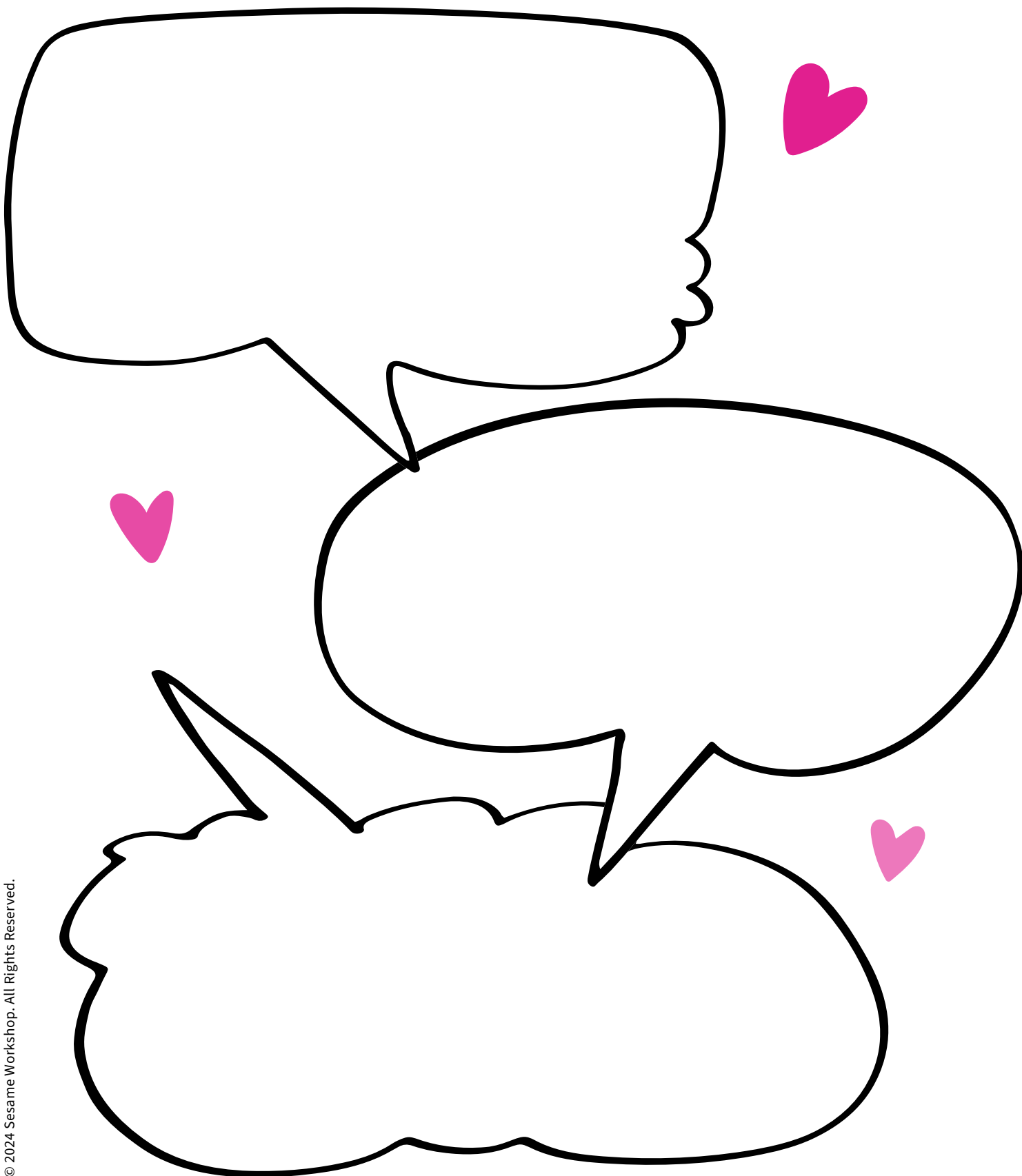
up·stand·er: An **upstander** is someone who uses their kind voice and actions to help others. Upstanders make their communities—and the world—better for everyone.



Draw a picture or write about a time when
you treated others with kindness, respect, and
fairness.

I am an UPSTANDER!

What would you like to ask Audre and Kali?
What would you say to them if you were to meet them?



Ask your family to share a recipe they think is special. Work together to write down the recipe and any history your family has about the food.

Our Family Recipe:

Ingredients:

| | |
|-------|-------|
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Directions:

What this recipe means to our family:

About Leading

This empowering story is about how we all can develop our identities as upstanders for justice. We can do this through our words and actions. We know that acting unfairly towards others harms everyone. When we work together, we can be the change we know the world needs. In “Leading,” we meet and follow the stories of two young upstanders. Audre and Kali show us how to use our voices and actions to stand up for ourselves and others.

For more information and
resources, please scan this
QR code:



About Sesame Workshop. Sesame Workshop is the global impact nonprofit behind *Sesame Street* and so much more. For over 50 years, we have worked at the intersection of education, media, and research, creating joyful experiences that enrich minds and expand hearts, all in service of empowering each generation to build a better world. Our beloved characters, iconic shows, outreach in communities, and more bring playful early learning to families in more than 150 countries and advance our mission to help children everywhere grow smarter, stronger, and kinder.

About Multitude Films. Multitude Films is a queer and women-led independent production company dedicated to telling non-fiction stories by and about historically excluded and underrepresented communities. Multitude’s films have been programmed at dozens of festivals internationally including Sundance, Tribeca, SXSW, and IDFA, and distributed by Netflix, Topic, POV, Independent Lens, and HBOMax among others. Oriented by a representational storytelling approach, the company prioritizes equity on screen and behind the camera. Recent releases include an original movie on Peacock, *Lowndes County and the Road to Black Power*, an Emmy-nominated Netflix movie, *Pray Away*, and Sundance Award-winning *Always in Season*, and *The Feeling of Being Watched*.

About the Director. Grace Lee is an award-winning independent filmmaker. She produced and directed two episodes of the Peabody Award-winning series, *Asian Americans* and *And She Could be Next*, POV’s first broadcast series about women of color transforming politics and civic engagement. Other credits include the Peabody Award-winning *American Revolutionary: The Evolution of Grace Lee Boggs*, *Makers: Women in Politics*, *Off the Menu: Asian America*, and *K-TOWN ‘92*, an interactive online project about civil unrest in Los Angeles in 1992. She co-founded and co-directs the Asian American Documentary Network (A-Doc) and is a Directors Guild of America member, as well as a member of the Documentary branch of the Academy of Motion Picture Arts and Sciences.

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