



Video Series

Brought to you by

the **Dam**
DEVELOP • ASSIST • MENTOR

www.truerebel.ca

Overview

ABOUT THE VIDEOS

These videos are a tool for engaging youth (approx 12-18 years old), in discussion around what it means to be a rebel. Too often the word 'rebel' or 'rebellion' is used to describe poor choices that we make. These choices are often the result of our deep desire for freedom, love, connection... However, we often end up just doing what the other 'rebels' are doing, not discovering our true self and merely 'fitting in'.

These 5 videos are meant to help youth critically engage with 'youth culture', break down how we think about rebellion and build capacity to actively engage in lives of love. These videos build on each other to a climax challenge of treating all people with dignity, respect and love.

A MESSAGE FROM KEN

I have been working with youth since shortly after my own teen years. The choices I made during my own teen years led me to ask the question, "Why?" Why did I do the things I did? Make the choices I made? (particularly the harmful ones). I came to realize that all of my 'rebellion' wasn't really 'rebellion' at all... As I started interacting with and speaking with groups of youth, I was so inspired by the rebellious spirit of youth and the opportunity it presents for young people to change everything!

15 years after starting my first job with youth in a group home for teenaged boys, I am now close to completing my Master of Social Work degree. I am indebted to the many youth and colleagues who have taught me so much along the way. The True Rebel Challenge is not just my challenge to others because of all I've learned, it is a daily challenge to myself as I still try to figure out, everyday, how to love people really, really well.



Videos



“Being a Rebel” - Ken talks about what it means to be a True Rebel and introduces the idea of what rebellion really looks like. *Running time 4m49s*



“Kindness” - Ken talks about how our culture would benefit from people treating each other with kindness. *Running time 6m49s*



“Do You Love Your Friends?” - Ken talks about how we (especially guys) often struggle when using the word “Love” in friendships. *Running time 8m35s*



“Redefining Love” - Ken talks about how girls can also struggle with “Loving” their friends and calls for change in the way we Love one another. *Running time 9m01s*



“True Rebel Challenge” - Ken issues the “True Rebel Challenge” and talks about treating others with Love, Dignity and Respect. *Running time 9m04s*



Guide

STEP 1

Find the True Rebel Video Series on YouTube by following this link:
<https://goo.gl/94K5RM>. You can also find the videos by visiting
www.thedam.org or www.truerebel.ca.

STEP 2

Download our facilitation notes that go along with each video (notes can be found on websites listed above). If for some reason you are unable to download them, facilitation notes can be found on YouTube in each videos description.

STEP 3

Watch the videos. Feel free to utilize our facilitation notes for each video, which can help start conversation. You can watch the entire series at once, however we suggest giving each video its own sitting to allow for as much discussion time as possible.

STEP 4

We would love to hear how the True Rebel Video Series experience was for your group. Please take the time to fill out a short survey by following this link: <http://goo.gl/xbZAVf>. Alternatively, you can provide feedback by e-mailing us at truerebel@thedam.org.

STEP 5

If there's other groups that you feel would benefit from working through the True Rebel Video Series, please pass along this package to them. We are excited about the "True Rebel" message and would like to reach as many youth as possible!



Contact

Have a Question?

If you have any questions about the True Rebel Video Series please feel free to contact us at truerebel@thedam.org.

Want More Information?

If you'd like more information about True Rebel and what else we're doing please e-mail us or visit www.truerebel.ca.

About theDam

True Rebel is brought to you by theDam which is a not-for-profit organization that's been working with youth in Mississauga, ON since 1995. If you'd like to learn more about theDam please visit www.thedam.org or call (905)826-6558.

Make a Donation

As a not-for-profit organization we would love to have your support financially. It is through our generous donors that we are able to provide tools like the True Rebel Video Series to you for FREE. Please visit www.thedam.org or call (905)826-6558 to make a donation.

THANK YOU FOR YOUR SUPPORT!

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