

Monica

Don't Tell

Facilitator Discussion Guide

EYFP

Synopsis

Dr. Greene and Mr. Makhoul reveal that Max had overdosed on an opioid and had nearly died. Dr. Greene explains symptoms of an overdose and that he used naloxone to reverse it, saving Max's life. Mr. Makhoul asks for Shauna's family's contact information, and Layla agrees to provide it.

After a quiet car ride home, the girls' grandmother asks them to take care of some of the chores at the farm while she gets dinner organized. She leaves, and Monica heads towards the rabbitry. Layla pulls out a small baggie containing two pills, but drops her water bottle before she can take the one. She calls for Monica to help her out.

Monica refuses to enable Layla, instead telling her that she needs help from a medical doctor. Layla gets a text from Shauna, saying that the police have showed up at Shauna's house. With this news, Layla finally breaks down from all the pain and stress she has been experiencing, anxiety for her friend and the potential consequences of a police visit, and the shock she felt seeing Max. Monica comforts her while confiscating the pills. She then calls for help from her family.

Later that night, Monica is sitting on the front porch alone, trying to process the events of that afternoon. Her father comes outside to check on her. He reveals that Layla fractured her spine, but that the injury does not require surgery. He tells Monica that Layla will be in a lot of pain, though, and that she will probably need some kind of medication to manage the pain until her back heals. Monica considers the consequences of painkillers and realizes that Layla could be at risk of an overdose like Max experienced. She decides to trust her father and tell him the truth about Layla's secret stash.

Facilitator Notes

This episode aligns with Sessions 7-8 of the *Powerful Families, Powerful Communities* curriculum. The goal of this discussion guide is to help participants reflect on trust.

Episode 7 includes conversations about animal abuse and opioid misuse. These conversations may be upsetting to some participants. Watch for signs of distress and adjust the conversation as needed.



Vocabulary Alert!

Opioids (say “oh-pee-oids”) and **opiates** (say “oh-pee-ates”) are powerful pain medicines. Opiates come from the poppy plant while opioids are synthetic (made in labs by people). Opioids and opiates can be highly addictive and even lead to death if they are misused. They should only be used under strict supervision from a doctor. Never take any medications without a prescription and never take someone else's medications. You can learn more about opioids and opiates at go.ncsu.edu/youtube.opioids and how addiction affects the brain at go.ncsu.edu/youtube.addiction.

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Opening

This episode picks up where Episode 6 left off. As you watch this episode, think about what would be the most important moment in it. Be ready to share your thoughts about the most important moment.

(Optional: Write down the timestamp to make it easier to share.)

After Watching the Video

After the video, facilitate a discussion with the group. Begin by reminding the group of the expectations set during Session 1.

Round-robin Question

It is important for everyone to contribute to this question as a way to build trust and practice listening. You can choose to go in a circle or let participants “popcorn” respond. An option that doesn’t involve speech is to hold up a piece of paper with a timestamp written on it.

In as few words as possible, describe the moment you felt was the most important in this episode. Don’t tell us yet why you picked that moment, just let us know where it is.

(Optional: Tell us the timestamp of the moment you picked.)

As participants share, replay the clip they describe. (If multiple people picked the same moment, replay it the first time only in the interest of time.)

Comprehension Questions

These are suggested questions. It is not necessary to ask every question in this list. Participants may answer some of the questions before you ask them, or they may bring up their own questions to explore. As a facilitator, your job is to listen far more than you speak. In general, ask a new question only if conversation has hit a dead end and 30 seconds of silent time doesn’t break the stalemate, or if you sense the discussion veering into unproductive territory. You may also want to ask follow up questions if a participant makes an interesting point that no one else takes up spontaneously. Finally, if you have some very vocal participants, you may need to occasionally break in to invite quieter participants to speak or to repeat a point that might have gone unheard.

What happened to Max?

How does Monica’s and Layla’s relationship change during Scene 2? Explain.

Why do you think Monica took the pills from Layla?

Talking Tips

Talking Tips: Participants may need time to process everything that happens during this episode. Some participants may argue that Layla “deserves” anything that may happen to her because she chose to trust her friend. If you notice this, you can use the video about addiction (go.ncsu.edu/youtube.addiction) to reiterate how addiction changes the brain’s structure.

Continued

In Scene 3, Monica asks her father to promise that he won't get mad. Later, when Monica's father says, "I will try not—no. I promise not to get mad," she doesn't respond. He then says, "I promise to listen to you." Why do you think Monica finally talks to him after he says that he will listen instead of when he makes the promise she had asked him to make?

Closing Questions

There are two closing questions. The first question asks participants to apply their ideas to the fictional story shown in the video, while the second question asks them to apply their ideas to their own lives. Participants may spontaneously ask one another the first question or address it through discussion, but be prepared to ask it if they do not. .

Monica gives the pills to her father. Does Monica's action break Layla's trust, protect Layla, or something else? Explain.

How important is trust in your relationships? Explain.

