Thank everyone for coming! Emphasize this is a time and opportunity to build community around the themes of BoJack Horseman by engaging in a community discussion.

Because mental health and the other themes of the show are universal, the primary purpose of the discussion is to share our personal experiences based on the show's themes. It's a great opportunity to learn more about each other and connect through similarities, as well as learn from our differences.

Bojack Horseman is a Netflix Comedy Series that tells the story of a 90s sitcom star attempting to revitalize his career while battling substance abuse and bouts of depression. The series gives a raw portrayal of mental illness, the profound effects of loneliness, and the power of reinventing oneself. Further, the show highlights several intersecting identities, such as first-generation to college, students from rural areas or small towns, LGBTQ+ populations and a special focus on Asian Americans.

- Respect people's differences
- Please don't talk over others
- Refrain from putting down another's idea
- Be reasonable
- Use "I" statements
- Commit to learning, not debating

- Operate from a Brave Space rather than a Safe Space
- Actively listen to each other
- Seek first to understand and then to be understood
- Challenge the idea, not the person
**Step 4**

**Show and Tell:** Learn more about your group by sharing items that bring you joy. Participants will find an object that brings them joy, like a pillow, photo, keychain etc., and then share with the group. The purpose of this activity is for the group to start thinking about how their own mental health and joy impacts them. See page 3 for more details!

**Self Care Wheel:** Learn about the wellness wheel! Participants will fill in their self care wheel (page 8) with their own self care techniques. Afterwards, the group will discuss their strengths and weakness together. The purpose of this activity is to see how mental health is connected to overall wellness. See page 8 for more details!

**Step 5**

**Discuss a Theme**
- First - Generation Students
- Parenting
- Atonement/Righting Wrongs
- LGBTQIA+ Identity
- Substance Abuse
- Cultural Identity
- Toxic Relationships
- Social Media
- Self-transformation
- Mental Health

*See Theme Guide for discussion questions for each theme!*

**Step 6**

**Sample Discussion: Mental Health**
1. What is your definition of mental health?
2. How does going to a large public university like UCLA impact one’s mental health?
3. What are some ways to cope with the pressure to succeed academically? What are some ways to cope with the pressure to “succeed” or “make something of yourself” in life?
4. What are some stigmas around talking about mental health?
5. How did you feel about the depiction of mental health challenges in BoJack Horseman?
6. In your experience, how are mental health issues affecting college students?
7. How do you practice self-care?
8. How does your community impact your mental health or overall wellness?
SHOW AND TELL ACTIVITY

An interactive activity to facilitate your BoJack Horseman Discussion

1. INTRODUCE THE ACTIVITY

See Page 1 of BoJack Horseman Facilitation Guide and follow steps 1, 2, & 3:
1. Start with Introductions
2. Introduce BoJack Horseman
3. Create Community Rules

2. FACILITATE AND SHARE

Ask every member of the group to find an item that brings them joy. Go around the group and take turns sharing what the items participants chose and why the items bring them joy.

3. DISCUSS AND DEBRIEF

1. How did the activity and listening to everyone's items make you feel?
2. How often in your life do you seek activities that bring you happiness?
SELF CARE WHEEL ACTIVITY

An interactive activity to facilitate your BoJack Horseman Discussion

1. INTRODUCE THE ACTIVITY

See Page 1 of BoJack Horseman Facilitation Guide and follow steps 1, 2, & 3:
1. Start with Introductions
2. Introduce BoJack Horseman
3. Create Community Rules

2. SHARE THE WELLNESS WHEEL

Provide a PDF of the blank Self Care Wheel (page 4). Explain the Wellness Wheel and the 7 different dimensions of wellness. Direct participants to fill in their Self Care Wheel with how they take care of each dimension of their wellness.

VISIT TINYURL.COM/WELLNESSWHEEL2020 FOR MORE INFORMATION ON THE WELLNESS WHEEL

3. SHARE AND DISCUSS

1. What dimensions of your wellness do you often take care of? What areas of your wheel do you neglect or forget about the most?
2. What is your favorite self care activity?
3. What self care activity would you like to practice more?
4. How did this self care wheel change your understanding of your physical, emotional, and mental health?
The Common Experience Program at UCLA is an educational program that ignites campus-wide discussions on compelling social issues and inspires action within the Bruin Community.

Each year, The Common Experience Committee selects a title for the Bruin community to read, listen, or watch together centered around a common theme.

**Facilitator Expectations**

As a Common Experience facilitator, your role is to engage your audience around the themes of *BoJack Horseman* in relation to the Common Experience goals (listed above).

For deeper discussion, it is recommended that you focus your discussion on one episode; however, you are more than welcome to develop a broader discussion about the entire series and how it has impacted your participants as a whole.

**Before the Discussion**

Decide what you want your group to get out of your discussion (goals). Do you want them to share their responses with each other? Make new connections? Plan to take further action based on their discussion?

Use the goals you have identified to draft a core list of questions/activities to have with you to get discussion started (or to jump start it again if it stalls).

Check that your technology is working and be sure to understand the features of the virtual platform you're using (breakout rooms, reactions, share screen, etc).
HOW TO BUILD COMMUNITY THROUGH DISCUSSION

DURING THE DISCUSSION

Every group of people is different with its own chemistry. Sometimes all you have to do is ask “So, how'd you like the show,” and before you know it people are answering and responding and sharing opinions with one another, and an hour flies by.

Other times, you can ask the very same question -- “So, how'd you like the show?” -- and it thuds onto the floor right in front of you and sits there like a cold, hard brick. There's not much you can do about that fundamental chemistry, but you can use some strategies to involve participants more actively in discussion.

Keep in mind conversations about mental health may be challenging in a group setting. In order to facilitate this type of dialogue, you might want to build on more innocuous questions at the onset and later address these topics. You may also want to select questions which allow for a variety of responses so that your audience feels more freedom to engage.

VIRTUAL DISCUSSION TIPS

- Break down a big group with breakout rooms
- Ensure everyone is muted when they're not talking
- Share your screen, do polls, or include interactive activities to fight Zoom fatigue
- Keep your virtual discussion short and to the point
- Advertise the event widely in advance

SUGGESTED COMMUNITY RULES

- Respect people's differences
- Please don't talk over others
- Refrain from putting down another's idea
- Be reasonable
- Use "I" statements
- Commit to learning, not debating

- Operate from a Brave Space rather than a Safe Space
- Actively listen to each other
- Seek first to understand and then to be understood
- Challenge the idea, not the person

CREATE AN INCLUSIVE ENVIRONMENT!

Do what you can to create an inclusive environment: Make eye contact with everyone in your group and try to offer each of them a chance to speak (which might mean saying to a particularly vocal contributor, “Let's hear from someone else first”).

If discussion starts to head in a direction that seems to be making some people in the group uncomfortable, identify it, acknowledge it, and perhaps redirect the conversation.

Preface your discussion by stating it is okay if some students have not watched the show or just part of it. Explain to your audience the purpose is to engage with the themes of the show and not regurgitate information from the show.
### Mental Health

1. What is your definition of mental health?
2. How does going to a large public university like UCLA impact one’s mental health?
3. What are some ways to cope with the pressure to succeed academically? What are some ways to cope with the pressure to “succeed” or “make something of yourself” in life?
4. What are some stigmas around talking about mental health?
5. How did you feel about the depiction of mental health challenges in BoJack Horseman?
6. In your experience, how are mental health issues affecting college students?
7. How do you practice self-care?
8. How does your community impact your mental health or overall wellness?

### First-Generation Students

1. A first-generation college student is defined as someone whose parents did not receive a bachelor’s degree in the U.S. What does it mean to you to be a first-gen?
2. What are some challenges first-gen students may face in a large public university like UCLA?
3. How does a first-gen identity empower students?
4. How do you keep a balance between academics and personal/familial responsibilities?
5. In what ways has your community supported you in achieving your goals?

### Parenting

1. What are some challenges with being a parent while attending college?
2. What are some of the benefits of being a parent in college? How do parents find strength while raising children and going to school or working?
3. How could parenting positively affect a person’s mental health? How could parenting negatively affect a person’s mental health?
4. What are some societal pressures that mothers face while raising children?
Atonement & Righting Wrongs

1. Have you ever struggled with doing the right thing? Why or why not?
2. How do you “atone”/make amends when you have done something wrong?
3. What makes an apology sincere to you?

LGBTQIA+ Identity

1. In what ways do diverse LGBTQIA+ identities intersect with, and affect, mental health?
2. BoJack’s friend Todd is asexual. Based on this portrayal, what are your current understandings of asexuality? What questions do you have and how will you engage in becoming more knowledgeable about asexual and aromantic folxs?
3. BoJack has a community that support his mental health journey, but also hold him accountable for his negative behaviors. What is the importance of community when navigating the intersections of sexuality and mental health?
4. What unique stigmas can asexual or aromantic folxs encounter today?

Cultural Identity

1. Is it important to you to have a strong cultural identity? Why or why not?
2. How did you discover your cultural identity? Was it through food, celebrations, pop culture, taking academic courses, language?
3. Which parts of your cultural identity are you still navigating or learning about?
4. If you could teach or share with others one thing about your culture, what would it be?
5. How does your cultural identity affect your perception of mental health? Are there stigmas associated with mental health as part of your cultural identity?
TOXIC RELATIONSHIPS
1. In what ways does pop culture affect our perceptions of healthy or toxic relationships? What are some examples?
2. How can someone find resources or support for toxic relationships?
3. How do you prioritize yourself in relationships (not limited to romantic relationships)?
4. How do you make compromises in relationships (not limited to romantic relationships)?

SOCIAL MEDIA
1. How is social media beneficial to society?
2. How has social media negatively affected society?
3. What are some ways you ensure your social media usage is healthy?
4. How much information do you think is appropriate to put on social media?
5. How does social media affect your mental health?

SUBSTANCE ABUSE
1. What stigmas are associated with individuals who have struggled with substance abuse?
2. How can a college environment make the road to recovery from substance abuse more challenging? How can it provide additional support in the recovery process?
3. How can you support someone who is struggling with substance abuse?

TRANSFORMATION & REINVENTING ONESELF
1. How do you feel you have changed since being a college student?
2. Do you believe self-transformation ever ends? Do people ever stop changing?
3. Do you feel human beings can evolve from their mistakes or are we meant to just repeat the same mistakes throughout our life? Why?
4. Is self-transformation a conscious or unconscious act?
5. What do you want your legacy to be in life?

UCLA Collegiate Recovery Program Resources: https://www.collegiaterecovery.ucla.edu/Resources