



DISCUSS: <https://www.youtube.com/watch?v=Cbk980jV7Ao>

Validation

- ⇒ Why do so many people want to be validated by Hugh? What did Hugh do to make people smile?
- ⇒ What happened to the people that Hugh made smile? Did they begin to validate others?
- ⇒ Do you think you would be able to validate those around you? Why or why not?

Positivity

- ⇒ Does someone giving you a compliment make you feel uplifted? Why or why not?
- ⇒ How does someone telling you positive things about yourself change the way you are feeling? What happened in the movie when Hugh validated the people he interacted with?
- ⇒ How can positive validation change a person's outlook? Give examples from the movie.

Determination

- ⇒ How did Hugh's constant effort to make Victoria smile affect him? Was he in control of his emotions? Explain.
- ⇒ What happened to Hugh that he was able to regain his desire to validate? How did Hugh's emotions change when this happened?
- ⇒ Do you think you would give up if someone didn't smile when you validated him or her? Why or why not?

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Discuss...

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Grief

- ⇒ What event happened in Victoria's life that caused her to not want to smile anymore? Do you ever feel like this when something happens in your life?
- ⇒ Do you think Victoria handled her grief in a good way? Why or why not?

Happiness

- ⇒ What kind of ripple effect happened when Hugh validated the lady in the wheelchair? How did she change? How did Hugh's life change?
- ⇒ How did Hugh's one simple act of kindness change Victoria's life? Did Victoria appreciate it?
- ⇒ In what ways can you make a movement like Hugh did? What can you do to make someone smile today? What makes you smile?

For more resources to help teens and young adults learn healthy relationship skills, visit DibbleInstitute.org.

