

CATCH GUIDED CONVERSATIONS

TRY HARDER! DOCUMENTARY

 [LINK TO DOCUMENTARY](#)

Conversation starters for you and the people you watched with:

- Where did you see the line between encouragement and pressure in the film?
What does that line look like in your own family or community?
- What messages do young people receive about what it means to be “successful”?
Where do those messages come from?
- What pressures might be easy for adults to overlook?
- How can parents communicate high hopes while making it clear that love and belonging are not contingent on achievement?



Steps you can take to start change in your home and community:

- **Ask before assuming:** Talk with your child about the pressures they feel rather than assuming you already know which expectations weigh on them most.
- **Make room for more than achievement:** Notice and talk about qualities that aren't measured by grades, awards, or accomplishments.
- **Protect space to be off the clock:** Try to find 1-2 times in the next month where your family can make more room for activities that don't need to build a résumé.
- **Check the messages adults send:** Identify one expectation at home that could change to give your child more room to explore who they are and what matters to them.

CATCH us up!

- What question from Try Harder! stayed with you after the documentary ended?
- What is one conversation or change you want to continue at home or in your community?

Email your answers to info@catchiscommunity.org.

