

Resilience

Stories of single black mothers

www.resiliencedocumentary.com

Introduction



'Resilience: stories of single black mothers' is a 48-minute documentary that bears witness to the struggles, strengths, complexities and determination of single mothers who are building rich and rewarding lives for themselves and their families. The film is targeted for young people.

Single parenthood is an issue that impacts all women regardless of their cultural background. Stats show that a single parent heads 26 % of all Canadian families with children.

Format

Resilience is a 48-minute documentary that is divided into six sections.

1. Pregnancy
2. Being on your own
3. Family
4. Work
5. Society
6. Love.

The subject matter for this film is suitable for: students grades 9-12, youth groups, young adults, parenting groups and for people in professional development in the health care and education sector. The film contains mature subject matter. It is strongly advised that facilitators and teachers pre-screen before showing this documentary film.

Themes to discuss from the documentary

Pregnancy:

1. What is fertility?
2. Who controls your fertility? How?
3. How can young females and males be encouraged to think about their fertility and their future in a more critical way?



Being on your own:

1. Describe some of the differences between becoming a single mother at the age of 15, at the age of 25 and at the age of 35?
2. List reasons for why you might advise someone not to become a single parent.
3. List some reasons explaining why a woman might decide to become a single parent.

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Family:

1. Give examples of some 'alternative families' that you know. Keep in mind that not all families consist of a mother, father and child.
2. Why is it important to think critically about your plans for a family in the future?
3. Why is it important to talk with a parent or trusted adult about the responsibilities of having children before becoming sexually active?

Work:

1. Name five successful working single mothers whom you know in your own life or from the media.
2. How can a parent's level of education affect a child's life?
3. Name three ways children can impact a parent's work life or career.
4. Research how much it costs to have a nanny or pay day-care fees for a month?



Society:

1. There are films (Juno), television shows (Gilmore Girls), and even media figures (Britney Spears's sister) that portray single mothers. Do you think these are realistic portrayals of being a single parent?
2. How does film and television affect your attitudes about single motherhood?
3. Do single fathers have to deal with the same attitudes? Why or why not?

Love:

1. What are the benefits of having a loving partner?
2. What are the responsibilities involved with being a partner?
4. Why is it important for partners to think about the connections between love, sex and fertility?

Follow-up strategies for positive action in high schools:

Support your friends' and your own efforts to make healthy choices about your sexuality and your sexual activity. Healthy choices include using contraception and abstinence. Gain a strong understanding of your own body and the power of your fertility.

If you are in a relationship, find out if you have a realistic view of your partner. Write down the qualities, both good and bad, that you see in your partner. Your list should include qualities that define character such as honesty, loyalty, discipline, kindness, ambition and humour. Then, ask a trusted friend or parent, what traits they see in your partner. Compare your list with your friend or parent's list.

Think about real romances that you admire. Are the examples you think of long-term relationships or marriages? What makes them work? Why do they work?

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