

GENERAL QUESTIONS:

- When are you most likely to listen to music? Are there times when listening to music is really important to you or really helps you?
- Different songs can cause us to have different kinds of feelings. Thinking about some of your favorite songs, how do they make you feel?
- Do you think you and most of your friends have healthy lifestyles today? Why? Why not?
- What is one positive or good thing in your life that can help you do other things that are positive or healthy?
- If you could choose one part of your life that you would like to change, what would it be?
- What are some steps to take to change this part of your life?

ADELAIDE—“MOTION”

Adelaide’s interview focuses on getting more out of your life, goal setting, and continuing your education.

- Do you think there’s anything wrong with just living for today? Why or why not?
- What are some goals you would like to achieve? These could be goals for right now or for your future.
- What are some ways to reach your goals?
- Do you have any concerns about finishing school or furthering your education?
- Is education important to reaching your goals?
- Are your plans for education realistic? Why or why not?

AMY SCHMIDT—“WHERE YOU ARE”

Amy primarily talks about achieving goals and self-esteem.

- What goals have you set for your future?
- What are some of the plans you’ve made that will help you reach your goals?
- What are some ways you could do a better job of planning for your future?
- What did Amy mean when she said it took her a while to find her own voice?
- What helps you when you need to boost yourself up, to gain self-confidence?
- What do you do when your friends say or do things you don’t agree with?

ALLY RHODES—“LIGHT”

Ally wrote this song about being in a bad relationship and realizing she was worth more.

- Can you describe a type of bad relationship that a friend or someone else your age might get caught up in? (family, friends, boyfriend/girlfriend)
- Have you ever been frightened for your own safety in a relationship?
- Where would you go for help if you were in a bad relationship?
- If you had a friend in a bad relationship, what advice would you give them or how might you be able to help?

NICK GOODWIN—“SHE WON’T TAKE IT”

Nick wrote this song about a woman who had a child when she was young and went through some tough times, but turned her life around. He also speaks about his previous addiction to drugs and alcohol.

- What are some examples of addictions?
- What are some reasons why people become addicted to negative substances or activities?
- What are some of the things that happen to people who have negative addictions?
- What do you know about resources that are available to people who want to do something about their addiction?
- Can you share any stories of people who made bad decisions and then made their lives better?
- How many of you are planning on having a baby someday in the future?
- What would your life be like if you had a baby earlier than you planned?

ARYN MICHELLE—“WARRIOR”

Aryn talks about the support of family, personal improvement, believing in yourself, and overcoming obstacles.

- Is your family part of your support system? How do they help you?
- Who can you talk to about private or difficult subjects?
- Are there ways that you could be better at helping or supporting members of your family?
- Aryn spoke about how she has always been shy but had to overcome this obstacle to be a performer. What are some obstacles you have overcome and how did you do this?
- What obstacles would you like to overcome?

ZACH SVOBODA—“TRUE COLORS”

Zach talks about how his sister struggled with weight her whole life and how he and others judged her unfairly.

- Do you think people are quick to judge someone based on their appearance? How do you feel about that?
- How do you find time to take care of yourself and exercise?
- Why do you think some people have trouble taking pride in their appearance?
- What are some healthy things people can do to get past tough times in their life?
- How do you stay positive about your life? How do you find the strength to work through tough spots in your life?

MARIJKE JANE—“CHANGING MY WAYS”

Marijke primarily talks about healthy relationships, being true to yourself, and not losing yourself in a relationship.

- Marijke promises not to lose herself in her relationships. What do you think she means by that?
- Have you seen friends lose themselves in a relationship? What was that like?
- How can you remain a priority to yourself in a relationship?

DAVID POTTER—“GIRL VS. WORLD”

David talks about healthy relationships and how his wife was a positive influence in his life.

- How do people in healthy relationships treat each other? (friends, boyfriend/girlfriend, family)
- Who is a positive influence in your life? How does that person make you feel?
- Can you think of people who are a bad influence in your life? What are some things you could do about that?