



5.5 Script Making

Suggested Grade Level: 6-12

Time: 30-60 minutes

Subject Area: Coming out, Mental Health

Overview:

An activity to learn a strategy for working with social anxiety, anxiety or difficult conversations like coming out.

Goals:

- Establish that anxiety is not something to be ashamed about
- Understand that usefulness of pre-planning difficult or anxiety inducing conversations
- See an example of a script for coming out and one for a difficult phone call

Materials:

- Sample Scripts

Procedure:

Step One:

Begin by discussing what anxiety/social anxiety is, open it up to experiences that make you anxious, finally move towards a discussion of how coming out can be a huge source of anxiety.

Step Two:

At this point the sample scripts and advice can be projected, handed out, etc.

Step Three:

The students then are welcome to make their own, discuss the usefulness of this skill, its limitations or any other aspect that appeals to them.

Step Four:

Offer students the opportunity to role play out scripts for example on “coming out.”

Step Five:

Discussion Questions:

- What does it mean to be anxious?
- Has anyone ever felt anxious? What was that like?
- What are things that make you anxious?
- Has your anxiety ever been severe enough that you struggle to think or talk?
- What are strategies that we can use to help overcome times like that?

Tips for making your own script

- Do not script everything
- Include information you think you might forget
- Anticipate the reactions of the person you are talking to
- Include basic facts like your name in the case of a phone call script or the basic details of your gender/sexuality

Sample Gender Script: Trans masc person coming out to his parents

- I am a trans man.
- I have questioned my gender for years.
- I am not just a tomboy.
- I am certain of my identity.
- I want you to call me _____.
- I still like boys. My gender is not my sexuality
- I want you to use (pronouns) with these people.
- You can support me by using my pronouns and referring to me as your son.
- Your support is important to me.

Sample Sexuality Script: Pansexual cis female for coming out to her parents

- I am pansexual.
- Attraction to people is not based on gender
- Even if I date boys I am still pansexual
- I am certain of this
- This is not a phase

Sample phone call script: appointment with college admissions

- Hi I am Jake Jakerson, I am a junior at High School
- Free days next week Wednesday, Thursday, Friday
- I want to sit in on classes
- I want to meet a professor
- Thank you for helping me