

# *Switched* School Guide



Thank you for watching the movie *Switched*. We are prayerful that God will use this film as a pathway for truth, life and love.

*Switched* is a great movie for teens, their friends and families.

This guide is a tool to help start conversations within youth groups, high schools, families and churches.

## GETTING STARTED:

SUPPLIES:     A copy of the *Switched* movie  
                  *Lead with Love Journals*  
                  Pens

### GROUND RULES:

In order to secure that your group feels safe and will share openly, honestly and vulnerably it is important to encourage confidentiality.

### CONFIDENTIALITY:

Please encourage group members to not share the stories or activities outside of group. Explain that being a safe person is keeping private information private. As a group leader share that the only time you will share something outside of group is if a child threatens to hurt someone else or themselves (then you must notify a parent or guardian and get help).

For more information about *Switched* visit: [mustardseedent.com](http://mustardseedent.com)

The *Lead With Love* Bible Study and *Lead With Love Journal* featured in the movie are available for purchase: [andreapolanszek.com](http://andreapolanszek.com)

## Switched Exchange 1: The Heart of the Matter

“Love your neighbor as yourself, that’s the heart of the matter.” - Sarah

**Movie Leading:** Sarah attempts to reframe Cassandra’s comparison by directing her to the heart of the matter. She challenges Cassandra to love her neighbor as herself... As herself. Sarah’s reflection stresses the importance of Cassandra having her own heart set before she has anything to share with others. Later in the movie Clay teaches Cassandra that “Love tells the truth” and encourages Cassandra to stand up for herself. Cassandra found it difficult to find the balance between turning the other cheek and saying “no” to poor treatment.

**Gut Leading:** How do you stand up for yourself and others in daily life?  
What are your unconscious boundaries or limits?

**Personal Leading:** Complete pages 1-2 in the *Lead with Love Journal*.

**Group Leading:** Answer the following questions.

What is your favorite quote?

How would you describe the condition of your heart today?

**Lead with Love:** It is an ancient Jewish custom to recite the Shema which is found in Deuteronomy 6: 5. Part of the custom was to say this prayer three times a day. This tradition was centering and kept the Jewish, Yahweh follower focused on the main thing. Repetition helps with memorization which means the scripture is in your head even when you are not reading it.

Rewrite the Shema in your own words and write it on a Post-it note where you can see it this week.

*Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts.* Deuteronomy 6:4-6

## Switched Exchange 2: Comparison

“I want to be her, not like her.” - Cassandra Evans

**Movie Leading:** Cassandra compares her life to Katie’s in a conversation with her mother Sarah. She states: “I want to be Katie Sharp.” Her mother is shocked and Cassandra quickly reframes: “I want to be her, not like her.” Sarah thoughtfully responds: “Katie Sharp doesn’t have everything.” As the movie unfolds the audience finds out that Katie may have money and popularity but she is missing something very important, unconditional love. Cassandra took for granted her mother’s presence in her life, like coming in to say goodnight which was something that Katie didn’t have.

**Gut Leading:** Have you ever struggled with comparison?  
Have you ever wanted to be someone else?

**Personal Leading:** Complete pages 3-5 in the *Lead with Love Journal*.

**Group Leading:** Share the answers to the following questions.

- If you could trade places with anyone in the world right now who would it be?
- Why would you choose to change places?

**Leading with Love:** Doodle, hum, sing, write...

What part of your life are you comparing to someone else’s?

Consider surrendering the comparison to accept the place you are in.

Take a look at the doodle, writing, tune that you expressed above  
and pray that back to God now.

## Switched Exchange 3: Hiding

"I'll be the only one in the orchestra in the box." - Cassandra Evans

**Movie Leading:** The film opens up with a conversation between Cassandra and her mother. Cassandra is complaining that she's never going to feel free to play her instrument without a curtain separating her from the audience. Her mother sees her talent as bubbling up from within her but Cassandra feels the anxiety might erupt out of her in an embarrassing way. Later in the film we discover that Cassandra had a very challenging experience with a music judge who had criticized her harshly. This experience left her feeling anxious and the way she had learned to cope was to hide behind a curtain while she played.

**Gut Leading:** Have you ever struggled with anxiety?  
Can you remember a time when you were criticized harshly?

**Personal Leading:** Complete pages 9-15 in the *Lead with Love* Journal.

**Group Leading:** Share the answers to the following questions.

- What is the last big struggle you have overcome?
- What are three things that helped you overcome it?
- What is the biggest obstacle you face right now?

**Leading with Love:** Create a positive mantra.  
i.e.: I don't need to be nervous. I can do this!

Write your mantra on a Post-it note and post it somewhere you will see it all week long.

## Switched Exchange 4: Something to Talk About!

“Why don’t you talk to her...not about her.” - Sarah

**Movie Leading:** Katie as Cassandra (after the Switch) finally gives Cassandra as Katie *The Social* password but she says something very powerful before she hands her the post-it note. “Please don’t be mean as me.” When viewers watch this scene we are struck by the power of our actions and how powerless we are to control other people’s behaviors. Earlier in the movie Sarah encouraged Cassandra: “Why don’t you talk to her... not about her.” Gossip, talking about people behind their backs helps us feel better about ourselves for a moment. The only thing we can truly control is our conduct and choices.

**Gut Leading:** Have you ever overheard someone talking poorly about you? Have you ever been caught gossiping about someone else?

**Personal Leading:** Complete pages 16-19 in the *Lead with Love* Journal.

**Group Leading:** Answer the following questions.

- Have you ever heard someone talking about you behind your back?
- How did it feel to be betrayed like that?
- Have you ever talked behind someone else’s back?
- What do you believe about gossip?

**Lead with Love:** Define each of these words below.

Bitterness:

Rage:

Anger:

Brawling:

Slander:

Kindness:

Compassion:

Forgiveness:

Now put a star next to the “get rid of” that you struggle with the most.

Now put a star next to the “be” that you would like to work on this week.

## Switched Exchange 5: I Approve This Message

"I'm Katie Sharp and I approve this message." - Cassandra as Katie

**Movie Second:** After Katie and Cassandra switch bodies in the film, Cassandra as Katie takes an opportunity to change the messages coming from Katie Sharp's social media platform. At the end of her encouragement to be kind to one another, she uses Katie's status to authenticate her post by saying: "I'm Katie Sharp and I approve this message." In other words she uses the power of her social media influence for good. Later in the movie we discover that Katie Sharp began her social media presence doing make up tutorials but gained lots of followers and began to become an influencer when she "put people down."

**Gut Leading:** Do you have anything going on in your life that started out good and now is bad?

Or vice versa: something that started out bad that has now turned to good?

**Personal Leading:** Complete page 22-23 in the *Lead with Love* Journal.

**Group Leading:** Answer the following questions.

- If you could approve a product what would it be?
- Why would you put your name behind this product?
- What made you believe in it?

**Lead with Love:** What is the message of your life?

This is an opportunity to take a look at what your actions says about who you are.

Set a timer on your phone for 3 minutes.

Write down everything that comes to mind about your thoughts, behaviors and actions over the past 24 hours.

Now set your timer again for 3 minutes.

Don't write just look at your list.

Next set your timer for 3 more minutes and write down the person you want to be.

Finally set the timer for 3 minutes and look at the thoughts, actions and behaviors you approve of.

Draw a heart on your paper and fill it in with the message you approve about who you are.

## Switched Exchange 6: Walking a Day in Your Shoes

“I wouldn’t be caught dead in your shoes.” - Katie Sharp

**Movie Leading:** At the beginning of the movie Cassandra attempts to compliment Katie. Cassandra clumsily trips spilling her coffee on Katie’s shoes. Katie shows no compassion in return and retorts: “I wouldn’t be caught dead in your shoes.” Later in the film Cassandra as Katie catches the end of a radio preacher who quotes from Proverbs: “As water reflects the face, so one’s life reflects the heart.” And then states “Jesus came to walk a day in our shoes.” As Katie and Cassandra spend many days in each other shoes they learn to understand each other better than they ever could by looking at their lives on the outside.

**Gut Leading:** What do you think your life reflects?  
Do the thoughts in your head match the way you treat yourself and others?

**Personal Leading:** Complete pages 44-47 in the *Lead with Love Journal*.

**Group Leading:**

- Who is your favorite neighbor?
- Who is the most difficult neighbor in your life?
- What is the difference between the two people?

**Lead with Love:** Walking in Someone’s Shoes.

Take some time to think about a person who you are really struggling with. It could be a bully or it could be someone you find annoying and difficult to be around.

Now make a list of the positive characteristics of this person.

Write your list down.

Scan your body head to toe and pay attention to how you feel.

Now read your list three times.

Finally take a moment to scan your body head to toe and pay attention to how your body language has changed since you identified the positives about this person.



## Switched Exchange: Following the Movie

### Start a Love Revolution

Ask your movie watchers to do the following:

Put yourself in someone else's shoes. "DO UNTO OTHERS." Imagine what life is like for someone else. Put yourself in her (or his) shoes. Pick a person who you think needs some love and create a video about what makes them special. Record yourself as if you were her (or him).

These are Katie and Cassandra's examples:

*Katie Sharp: Hi, I'm Cassandra Evans. I'm patient, kind and I'm a very talented musician. I also have an extremely loving family.*

*Cassandra Evans: Hi, I'm Katie Sharp. I'm gutsy, loyal and a killer dresser.*

Now ask someone else to do the same.

#Lead with Love

