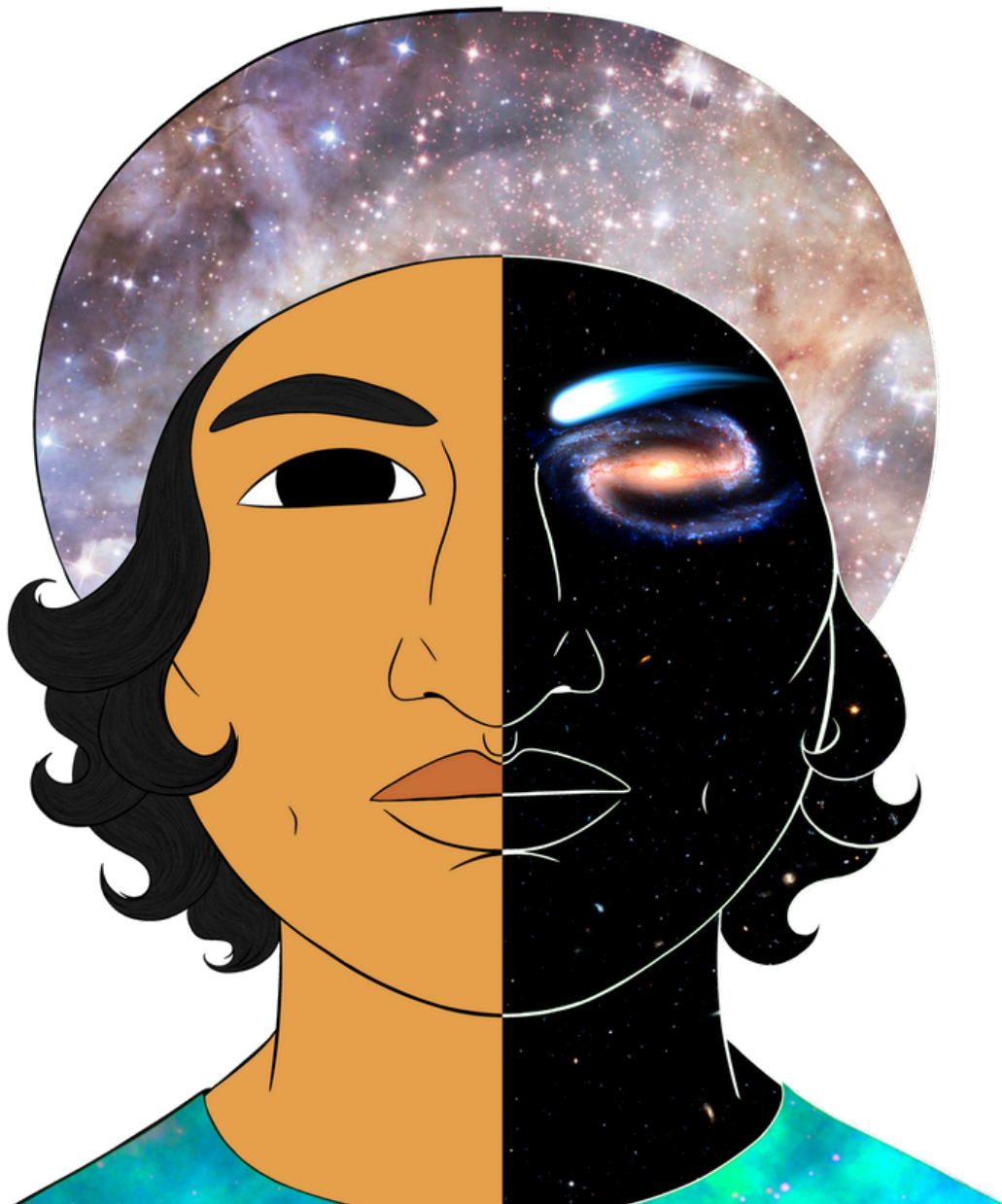


Companion Discussion Guides
for
cosmo, from the stars



Nonbinary Gender Guide

Younger Kids

- Pronouns help us refer to a person. For example, “My mom’s name is Carla. She is a teacher.” Cosmo does not like to be called **He** or **She**. Cosmo uses **They**.
 - What do you think that means?
 - Do you know what pronouns you would like to use?
 - How do you ask someone what their pronouns are?
 - Have you used they instead of he or she when you were talking with someone before?
- Cosmo wants to be called Cosmo instead of the name they got when they were born. Cosmo’s Dad had a hard time with this at first. Why do you think he struggled?
- Do you know anyone else who uses a name they chose, or a nickname? If so, has it been easy to call them the name they want you to use?
- Cosmo changed the way they look. They did not want to look too much like what people think boys look like, or what people think girls look like. Why do you think that was important to Cosmo?
- Look at the art on page #10, and read the page. How do you think Cosmo is feeling at this moment? Why do you think they feel that way?



Older Kids and Young Adults

- *Includes the questions above, adding:*
 - When have you struggled with pronouns, or seen people in your community struggle?
 - How do you help to teach those who may not understand people like Cosmo who use gender-neutral pronouns? (or any pronoun that someone may not expect)
 - Page #15- What do you think is happening in this scene? Why do you think Cosmo is reacting this way?



(Re)Connection Guide

Younger Kids

- Cosmo takes time to learn from Elders. If you could have a conversation with an elder in your tribe or urban community, what would you want to ask them or learn?
 - What kinds of things have you already learned from your Elders?
- Cosmo looks up to the Two Spirit ancestor named Heart Dancer. Why do you think Cosmo is so interested in learning about that person?
- Cosmo gets messages from their Ancestors. Have you ever learned anything from yours?
 - If you could ask an Ancestor a question, what would you ask?
 - Why are Ancestors important to Cosmo? Are they important to you?
- What is ceremony?
- Cosmo uses their gifts to help the people around them. What are your gifts? How do you help the people in your family and community?
- The four colors on the medicine wheel can represent a lot of different things. If you could use four colors to make your own medicine wheel, what colors would you choose and why?



Older Kids and Young Adults

- *Includes the questions above, adding:*
 - Some of the things Cosmo has learned are not “traditional” or ancient (like the talking circle), but they are still important traditions. What type of Native cultural practices or traditions have you learned?
 - Cosmo loves to give back to their community. What does your community mean to you?
 - Cosmo has access to Elders and knows about some of their Ancestors. Some Native people do not have that access. How can someone in that situation find inspiration in Cosmo’s story?
 - When Cosmo helps people make a connection with themselves and/or other people, you see stars on their clothes. The ancestors are also represented with stars on their clothes. Why do you think that is?

Mixed Ancestry Guide



Younger Kids

- Cosmo's family has both Black and Native ancestry. Cosmo is proud of both. Does your family have mixed ancestry?
 - If so, what makes you feel most proud of that?
 - If not, how do you support members of your family or tribe that do? How can they support you?

Older Kids and Young Adults

- *Includes the questions above, adding:*
 - Why do you think some members of our community who are mixed are less accepted than others?
 - What should we do to make sure everyone feels accepted in our tribal and urban communities?
 - How do you think Black and Indigenous people can be more in support and solidarity with one another?

Substance Use Guide

Younger Kids

- In one picture, you can see alcohol and drugs in the house where Cosmo lives. The book says that people are hurting. It is hard for Cosmo to see these things.
 - How do you think Cosmo, and other kids like Cosmo, can help to take care of themselves when they see things like this in their families?
 - Do you think Cosmo should talk to their parents or another adult about this?



- Later, you see Cosmo's parents when they are really proud of Cosmo after they learned to sing with the drum. Do you think drumming, singing, dancing, weaving, or other crafts can help Native people who are hurting?

Older Kids and Young Adults

- *Includes the questions above, adding:*
 - How would you like young people to play a role in addressing alcohol and drugs in our communities?
 - How can we prevent young people from using drugs and alcohol to deal with their pain?
 - What are some ways that we can encourage something both fun and healthier than partying with drugs and alcohol?
 - Can ceremony play a role in that alternative?

