



**Film: Growing People**

Genre: Documentary

Length: 18 minutes

Release Date: 2013

Director: Dana Forsberg

Official Website: [www.growingpeoplethemovie.com](http://www.growingpeoplethemovie.com)

**General Questions:**

- Even though these kids may not want to become farmers, how does this program prepare them for a successful adult life?
- What are the opportunities for youth empowerment in your community?
- How much is education valued in your family? What are the expectations? Where do you find support for your own educational aspirations?

**Food Resource Questions**

- What do you know about the food grown by your ancestors?
- Have you ever grown your own food? Did you feel a sense of pride or nobility in growing and sharing your own food?
- What messages do you get about the importance of healthy foods and healthy bodies from your family or community/peers?

**Empowerment and Sustainably Questions:**

- What is the impact for a student who feels like their community is invested in their cultural traditions and growth into adults?
- If you were going to do something like this in your community, what could it look like?
- What are the kids “learning” in this program that they might not learn in a classroom?
- How does a program like this influence family and community relationships?

**Filmmaking Questions:**

- How is the story of connecting with one’s heritage told in this film?
- How did the filmmaker make connections between Hawaiian cultural practice and modern life?
- How did the filmmaker go about telling this story? That is, what narrative strategies and methods were used to move from the beginning of the story, to the middle, and to the end of the film?

**Exercises**

- Read links below and discuss the impact you see this farm program has on the sisters featured in the film.
- Talk to the oldest person in your family and find out where they got their food when they were young, and how much of it they produced. How is knowing about your culture’s past empowering?
- What is your relationship to the production of food? Talk with a grocer or farmer and report back what you learned that you didn’t know before about how the food you eat ends up at your dinner table.
- Describe opportunities for youth empowerment in your community.

**Links about the farm:**

[MAO Organic Farms](#)

[The EcoTipping Point Project](#), USA - Hawaii (Oahu) - MA’O Organic Farm: Growing Food and Empowering Youth,

[If you work at this Hawaii farm for 2 years, it helps pay for your college](#), CNBC