NPR
Listening Party Kit: Bullied

Pick a story, gather friends and spark thoughtful conversation on meanness and its effects on culture.
This month we introduce our first guest-curated Listening Party kit. Recently, Blake gathered 15 friends in West Hollywood, CA to explore bullying and meanness. Here is his recipe for an impactful experience.

As an actor I’m constantly examining why people do the things they do. Recently, I played an epic bully in the film “Love is All You Need?” My character, Bill Bradley, does some horrific things to other people. For me, the key to this character was simple: why? As I delved into his motivations I became interested in what I’ve started to call “The Culture of Meanness” - or the idea that we seem to reward bullying behavior in our schools, media, and politics.

So, I invited a group of other artists and actors to my house for a Listening Party to explore where they think bullying behavior and The Culture of Meanness originates and go even further to look at what we can do about it.

I chose three NPR pieces: the story of a poet who had been bullied, the tale of a mother who required her daughter to confront her own subtle bullying behaviors, and a piece that examines Donald Trump's campaigning tactics. I thought these NPR pieces were interesting and important because they provided a through line that highlighted the connection between bullying on all levels - from school yard bullying to the larger Culture of Meanness that surrounds us.

Hope you enjoy this kit and learn something new and interesting about a topic that’s close to my heart.

- Blake Cooper Griffin
1. **Stories on Overcoming Meanness**

Enjoy stories curated by Blake Cooper Griffin - and bonus stories from Generation Listen that fit the topic. Pick one theme, or mix and match stories.

2. **Snack Ideas**

Munchies to get the party going & the vibes flowing.

3. **Anthems for Empowerment**

Set the mood while planning and hosting your Listening Party this month with our playlist. These bold bops will encourage you to spread the love.

4. **Guide To Hosting A Listening Party**

If you’re new to this, our guide materials help you bring your listening party to life.
Stories: Overcoming Meaness
Culture of Meanness
*Blake’s Listening Party story selections*

- What’s It Like To Be Young And Bullied?
- To Put An End To Her Daughter’s Bullying, A Mother Takes A Page From Darwin
- Barbershop: Megyn Kelly And Trump, Sanders Supporters, And Spouses In The Campaign
What’s It Like To Be Young And Bullied?

Host: Guy Raz on Ted Radio Hour
Time: 12 min 25 sec

What are the effects of name-calling? Can you relate to the speaker’s story? How can we change name-calling culture?

To Put An End To Her Daughter’s Bullying, A Mother Takes A Page From Darwin

Host: Rachel Martin on Weekend Edition
Time: 4 min 41 sec

How did this story make you feel? Do you agree with Leslie’s approach to her daughter’s situation? Explain.

Barbershop: Megyn Kelly And Trump, Sanders Supporters, And Spouses In The Campaign

Reporter: Mara Liasson on All Things Considered
Time: 10 min 35 sec

What did this story make you think about? To what extent do politics influence the culture of meanness?
Cyberbullying

- How To Grow A Bully + Lullaby
- Online ‘Shaming’ A New Level Of Cyberbullying For Girls
- The Rise In Cyberbullying
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<tr>
<th>Title</th>
<th>Host</th>
<th>Time</th>
<th>Questions</th>
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<tbody>
<tr>
<td>How To Grow A Bully + Lullaby</td>
<td>Host: A. Spiegel &amp; L. Miller on <em>Invisibilia</em></td>
<td>24 min 1 sec</td>
<td>What about the story resonated most with you? To what extent does the Internet make it easier to invade privacy? What are your personal thoughts on cyberbullying?</td>
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<tr>
<td>Online 'Shaming’ A New Level Of Cyberbullying For Girls</td>
<td>Host: Temitayo Fagbenle on <em>All Things Considered</em></td>
<td>8 min 19 sec</td>
<td>What are your thoughts of the online trend of “slut shaming”? Were you surprised to learn that this is common? How are these practices detrimental to society?</td>
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<tr>
<td>The Rise In Cyberbullying</td>
<td>Host: Melissa Block on <em>All Things Considered</em></td>
<td>3:57</td>
<td>Did anything strike you about the story? Why? What are your personal thoughts on the anonymity of the Internet? How does technology affect privacy? In your opinion, what are some solutions to cyberbullying?</td>
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Microaggressions

- Microaggressions: Be Careful What You Say
- Flirty Racism
- Boss Says You’re Smart...For A Woman
Microaggressions: Be Careful What You Say

Did this story surprise you? Why or why not? Do you have a personal story about comments that seem like compliments but are traced with slights? What is a solution to situations like these?

Flirty Racism

What about the story hit home for you? What is problematic about exoticization? What are some ways to combat stereotypes?

Boss Says You’re Smart... For A Woman

In what ways do the experiences in this story relate to the stories we listened to before? In what ways are they different?
Key Ingredients For A Fun Party: Snacks & Jams
HOMEMADE MAC N’ CHEETOS

DARK CHOCOLATE SALT & VINEGAR

“LOU’S BREW” COFFEE COCKTAIL
This month we’re overcoming meanness. That’s why our playlist is filled with bops to make you feel bold and warm inside. Stride confidently into your Listening Party with tunes that are sure to encourage you and your friends to spread some sweetness.
How to Host an #NPRLListeningParty
WHAT IS A LISTENING PARTY, ANYWAY?

Bring together friends for a fun, refreshing social experience that’s usually solitary: listening to radio stories.

At an NPR Listening Party, great audio storytelling gives you and your crew the chance to take a break from screens, listen together, and go deeper with thoughtful discussion and stories of your own.

It’s easy. All you have to do is:

• Pick a story
• Gather friends in a cozy place
• Hit airplane mode, listen and discuss!

Each month, our themed toolkit offers a section of stories curated to help spark discussion and includes conversation catalysts.

Show us how you #HostYourOwn #NPRListeningParty and together we can spread the mission of public radio for a more informed, engaged, and empathetic world.
**HOW TO GET STARTED**

1. **Pick a day and time.**

   Weekend brunch works great, as do weekday evenings. Consider other events happening in your community already and schedule around them so you don’t have to compete. We recommend carving out about 90 minutes for the whole event.

2. **Pick a venue.**

   We recommend hosting at your house to keep things cozy and casual. But if you have other ideas or access to an intimate space, go for it! Ideally, aim to keep the group no larger than 20 people so that everyone gets a chance to speak.
Send your invite.  
You can use email, Facebook, or whatever you like. Please include the NPR Generation Listen logo or feel free to use our invite graphic. Have fun with it! A day or two before the Listening Party, send your guests a reminder to be on time and include any key information about arriving to / parking at your home, etc.

Choose a story or podcast.  
Think about what will connect with the friends you’ve invited. You can choose one longer piece, or pair a couple of shorter segments. Generally aim for no longer than 45 minutes. Stories with a bit of tension or controversy make for a more lively discussion. Listen ahead of time and prepare some conversation starters to kick off your discussion. Also, consider which friends may have some interesting ideas to contribute based on subject matter expertise.
5 Prep the space.

Coziness is key. You want people to settle in - kind of like watching a movie. Put out lots of pillows and blankets. Keep the lighting soft. If possible, arrange seating into a circle, which will help conversation flow. It's a good idea to have a focal point for folks to settle their gaze on (it may feel strange at first to not be looking at a screen). We also recommend setting out paper and pens so people can take notes and/or doodle while they listen.

6 Mind the details.

Identify the device you plan to play the story from ahead of time. Make sure it's fully charged and notifications are off. You may consider downloading the piece if your Internet is spotty. Make sure your speakers are powerful enough for everyone to hear with no problems. Oh, and stock up on some light snacks and drinks for folks to munch on.
QUICK CHECKLIST

☐ Set date + time
☐ Send invite
☐ Pre-listen to story
☐ Jot down a few discussion-starting questions
☐ Create a cozy feel where you're hosting:
  ☐ Arrange seating in a circle if possible
  ☐ Pillows, blankets, comfy chairs
  ☐ Soft lighting
  ☐ Pre-download story or make sure you have solid Internet connection

☐ Turn off notifications on streaming device
☐ Set out some notepads and pens / markers
☐ Stock up on light snacks & beverages
☐ Know the room: are there some subject matter experts you can pass the ball to during the discussion?
☐ Snap some pics for the socials
☐ Be creative! Make your Listening Party uniquely yours
5 TIPS ON HOW TO MODERATE A CONVERSATION
with Guy Raz

NPR’s Guy Raz is an award-winning journalist and host of NPR’s TED Radio Hour

As a host and correspondent, he has interviewed and profiled more than 6,000 people that span the gamut from Jimmy Carter to Mark Zuckerberg to Taylor Swift. Suffice it to say, Guy is a true master of the art of opening people up. He was kind enough to share his top tips for moderating an incredible conversation.

   Give something, get something. If you make yourself vulnerable, others will be willing to open up to you.

2. Be open and curious in your conversation.
   Find moments of common experience whenever you can. (i.e. I like jazz! Me too!)

3. Acknowledge silences and awkward pauses.

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#HostYourOwn

SEND AN INVITE

*Use one of our graphics to create your invite*
visit our website for more information

generationlisten.npr.org/listening-party

@NPRGenListen  |  #NPRListeningParty  |  #HostYourOwn