

HOMETOWN HEROES WORKSHEET

Teacher Version | Ian Forber-Pratt (Part I)
Running Time: 8:26 | Video Clip from 0:00-8:26

How did being adopted affect Ian's life?

[2:30] He was born in India, but adopted and raised near Boston. He experienced what it was like to feel different from the (mostly white) culture around him.

How did Ian's family dynamics shape his life?

[3:35] His sister was disabled and he lived in a multiracial household, so he had to grapple with a lot of 'big' issues early (e.g. belonging, identity, diversity, racism, etc.) in life.

What traumatic experience served as a catalyst for Ian's drinking problems?

[5:25] A good friend of his suffered a severe fall and passed away.

What helped him stop drinking?

[7:00] He always said he would stop drinking if he was ever too hungover in the morning to function. He woke up one morning and realized that he could do more than he was doing.

What is a time you have felt different or separated from your environment? How did you handle it?

[open ended]

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Teacher Version | Ian Forber-Pratt (Part II)
Running Time: 8:18 | Video Clip from 8:26-16:54

What was Ian's first time in India like?

[9:10] He went to help create a group home for disabled girls. He loved getting to see his roots and where he came from at the same time as he served others. It made him feel both at home and not at home at the same time. There were also loud political rallies going on, which made him and his sister nervous.

What got Ian into doing social work?

[11:50] Many people suggested it might be a fit for his personality, but when he went on a study abroad program back to India during his second attempt at college it cemented his interest.

What risk did Ian take before he went to get his master's degree?

[12:20] He looked for the program he wanted (Washington University) and moved close to the school and got a job there before he was accepted, even though he didn't necessarily have the grades or money to get into the program.

What are the pillars of Ian's life? Why are they so important to him?

[13:30] Faith, service, and activity

What would you want the two pillars of your life to be? Why are they so important to you?

[open ended]

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Teacher Version | Ian Forber-Pratt (Part III)
Running Time: 8:50 | Video Clip from 16:53-25:43

What did Mariana (Ian's student) say was the most important impact he had on her life?
[17:50] *She saw the way he led by example, creating space for things that have value for him. He also continued to make an effort to support her no matter what.*

What does Ian hear a lot from other people as a stumbling block to serving others?
[19:00] *He hears that "life is hard" and "I don't have time to serve others". He says pushing through this to serve anyway has been a huge blessing.*

When and why Ian get into activity, and running specifically?
[20:10] *After being inactive and relatively overweight while he was drinking, he started getting more active as he got sober. Three years ago he started getting into running as a form of therapy and he now runs three times a week and is preparing for an ultra-marathon. He uses running as a time to plan, reflect, and brainstorm.*

What how does Ian integrate biking into his daily routine?
[23:00] *He picks up his son every day from school on his bike. He has always tried to model activity for his kids, rather than just telling them to be active.*

What activities do you think would be fun to incorporate into your daily routine?
[open ended]

HOMETOWN HEROES WORKSHEET

Teacher Version | Ian Forber-Pratt (Part IV)
Running Time: 10:52 | Video Clip from 26:25-37:17

What was the biggest draw to music for Ian?

[26:00] He feels that music can make him feel more connected and tuned in to the universe.

Draw an “ah ha” moment of your own, where you felt connected or happy the way Ian describes.

[Description begins at 28:15]

What is the defining quality of Generation Alpha (the generation after Generation Z)?

[28:50] Generation Alpha has had a digital presence and connection since before they were born.

What is the importance of structure?

[30:00] Having something you can count on is freeing and makes you feel like you are in tune with yourself, your values, and what is important to you. The consistency of structure helps you weather hard things.

What is the foster care system and what did Ian do as a part of it?

[32:00] The foster care system is a way to take care of kids that don't have a safe way to be with their biological families until they are either adopted, the situation with their biological family changes, or they are old enough to take care of themselves. Among other things, Ian worked as a recruiter for foster families.

How did Ian apply his experience in social work in India?

[33:10] He started contacting foster organizations in India, working towards the idea of starting the first foster care only organization in India, called “Foster Care India”.

How did Ian get into the legal aspect of the India foster care system?

[35:15] He convinced the state government (over two years of visits and community work and research) they let him help draft the first foster care legislation for the Indian state he was living in. He then approached a descendant of Gandhi to ask to write a law on the national level as well.

HOMETOWN HEROES WORKSHEET

Teacher Version | Ian Forber-Pratt (Part 5)
Running Time: 12:38 | Video Clip from 37:13-End

What did Ian realize was wrong with the foster care system?

[37:17] The foster care system took kids away from their families rather than taking care of families and communities, before the kids needed to go into a foster care system in the first place.

What traumatic change happened after Ian got married?

[38:35] He began getting death threats from organizations that disapproved of the work he was doing and he had to move with his family to secure everyone's safety.

What alternative does Ian propose for orphanages?

[40:30] He wants to keep children with their families, but find ways to support families and communities to better the lives of children.

What values does Ian hope people see in him?

[45:30] Equity, honesty, and kindness

What values you want people to see when they talk to you?

[open ended]