THE SCENE
Curated by Steppenwolf’s own Young Adult Council, The Scene is an exclusive opportunity for teens to score a cheap ticket to a Steppenwolf production, meet the artists involved with the play, and connect with like-minded teens. Each ticket includes dinner and a post-show discussion with the actors.

TICKETS ARE JUST $5
Purchase tickets at the door one half-hour before the show, in advance online, or in advance by calling Steppenwolf Audience Services at 312-335-1650 and use code YACSCENE. Teens can also use their Teen Arts Pass (TAP) to purchase tickets.

UPCOMING EVENTS
The Scene: I Am Not Your Perfect Mexican Daughter
Saturday, March 14, 2020
Performance at 7:30pm with event to follow

STEP IN
Step In workshops are a free series that offer teens the chance to participate in hands-on theatre workshops led by some of the hottest theater artists we know, all while getting to learn more about Steppenwolf’s Young Adult Council, an afterschool program for teens interested in careers in the arts.

ADMISSION IS FREE!
To reserve your spot, please RSVP to Education Associate Abhi Shrestha at ashrestha@steppenwolf.org

UPCOMING EVENTS
Step In: MOVEMENT
Wednesday, January 29, 2020
Step In: VOICE
Wednesday, March 19, 2020
Step In: DIRECTING
Wednesday, May 6, 2020

Join Us at Steppenwolf: February 26 – March 21, 2020
On Tour with Storycatchers Theatre: March 23 – 28, 2020
Adapted by Isaac Gómez
Based on the novel by Erika L. Sánchez
Directed by Ensemble member Sandra Marquez

I AM NOT YOUR PERFECT MEXICAN DAUGHTER

Study Guide
Dear teachers,

Thank you for joining us for Steppenwolf for Young Adults’ world premiere adaptation of The New York Times Best Seller, I Am Not Your Perfect Mexican Daughter by Erika L. Sánchez. Sánchez’s prolific novel follows the journey of Julia as she navigates the trials and tribulations of being a young Mexican girl in Chicago alongside the tragic death of her older sister, Olga – the epitome of the perfect Mexican daughter. When Julia discovers a not-so-simple secret left behind in the wake of her sister’s death, she discovers that Olga was, perhaps, not so perfect after all. I Am Not Your Perfect Mexican Daughter is a love letter to young Chicanas like Julia who, in trying to find the truth about the people and the world around them, end up finding themselves.

Chicago playwright and I Am Not Your Perfect Mexican Daughter adapter Isaac Gómez recalls:

When I first read [the novel], I couldn’t put it down. Julia’s wit and cynicism, her relationship to her mother and her sister, and her ultimate struggle with depression, anxiety, and suicide are all things I know too well. There were moments in reading the book that I held close to my chest because I felt like I was reading my own secrets in Erika’s words and the world she created – staring back at me from the pages of this book; these are moments when I am reminded I am not alone.

I did not grow up as an imperfect Mexican daughter. But I grew up as the imperfect Mexican son among perfect Mexican men. I know that feeling of displacement. Of not being enough. Of being pressed into being something I just… wasn’t. I know Julia’s story because it is also mine, and so many other young women, femmes, and queer Mexicans in the country today. We are far from perfect. But we are here, and we are not going anywhere.

We are thrilled to be working with Isaac, along with Steppenwolf Ensemble members Sandra Marquez (director) and Karen Rodriguez (Julia) to bring Sánchez’s beautiful world to life in our Upstairs Theatre.

We are equally excited to announce that following its four-week run at Steppenwolf and working in collaboration with Storycatchers Theatre for a third year, Steppenwolf Education will tour this production of I Am Not Your Perfect Mexican Daughter for a week to three Juvenile Justice Facilities in Illinois. Storycatchers Theatre, winner of the 2013 National Arts and Humanities Youth Program Award, is a youth development arts organization that prepares court-involved and otherwise marginalized young people to make thoughtful life choices through the process of writing, producing and performing original theatre inspired by personal stories. We are thrilled to be able to continue this multi-year partnership with such an incredible organization and share this story with even more incredible young people around the Chicagoland area.

Thank you for joining us this season and for bringing your students to our campus. If you are interested in learning more about our programming, or how to get your young person, school, or organization involved with future Steppenwolf Education programming, please visit our website at steppenwolf.org/education.

See you at the theater! The Steppenwolf Education Team
Who is Erika L. Sánchez?
Erika L. Sánchez, author of The New York Times Best Seller I Am Not Your Perfect Mexican Daughter, grew up in Cicero, Illinois, a suburb located immediately west of Chicago’s Little Village neighborhood. The daughter of two undocumented Mexican immigrants, Sánchez describes her younger self as an avid reader, writer, and an overall nerdy kid. Sánchez credits her teachers for fostering her passion for writing and seeing her “weird interests” and encouraging them. She fondly remembers one teacher who assembled packets of poetry for her to read, gifts she’s kept since her youth. This support from her teachers led her to pursue a career in writing, and eventually she found her voice as a poet.

A Poet First
Writing I Am Not Your Perfect Mexican Daughter was a new kind of endeavor for Erika Sánchez, who had mostly written poetry in the past. In her poetry Sánchez uses lyricism to paint carefully crafted images. In her recently published book, Lessons on Expulsion, Sánchez paints images of young people growing up near the border in Mexico and young women traversing Chicago’s many environments side by side. Descriptions of young women as they learn to deal with violence, sexism, and new experiences of sexuality are common throughout her poetry. In I Am Not Your Perfect Mexican Daughter Sánchez brings together many perspectives on what life is like for young people. The novel feels like an expansion of some of the moments captured in Sánchez’s poetry and it similarly feels informed by her experience of growing up as a child of undocumented Mexican immigrants in Cicero.

The Novel She Wished She Had
Sánchez’s love of reading as a student led her to notice gaps in the works she had access to as a young person. She felt like she was unable to find very much in classic or young adult literature which reflected her own experiences back to her. She recalls “I wanted to see myself in literature. As an avid reader, I looked everywhere. Where were all the messed-up Brown girls? Las malcriadas? The Latino weirdos?” (Malcriada is a word in Spanish which can be translated as “badly raised girl”. It can mean spoiled or pampered but it can also be used to say that there’s something wrong or bad about someone’s personality or way of being.) When she found Sandra Cisneros’ The House on Mango Street she loved it, but she felt like it was the only book she had which she could relate to. As well written as it was, it was also published the year she was born.

Descriptions of young women as they learn to deal with violence, sexism, and new experiences of sexuality are common throughout her poetry. In her recently published book, Lessons on Expulsion, Sánchez paints images of young people growing up near the border in Mexico and young women traversing Chicago’s many environments side by side. Descriptions of young women as they learn to deal with violence, sexism, and new experiences of sexuality are common throughout her poetry. In I Am Not Your Perfect Mexican Daughter Sánchez brings together many perspectives on what life is like for young people. The novel feels like an expansion of some of the moments captured in Sánchez’s poetry and it similarly feels informed by her experience of growing up as a child of undocumented Mexican immigrants in Cicero.

The Importance of Being Not Perfect
Sánchez takes a lot of joy in her protagonist Julia’s imperfections. When talking about her own experience, Sánchez said, “I think that’s a common story for young women, that so much is expected of them, and we don’t always want to live up to those expectations. Sometimes, we’re not what our parents expected, at all.”

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Sánchez believes that an important part of telling stories to young people is telling stories which can reflect the complexity of their lives. Julia doesn’t always respond to people in the most polite way, she sometimes makes unfair assumptions about people, and she often doesn’t know how to handle her emotions. These qualities lead to relationship and communication challenges for Julia within the story, but they help readers relate to her through their own imperfections. Seeing Julia make mistakes and struggle but eventually figure out how to work through her challenges is one of the most effective ways Sánchez speaks to her readers about their own lives. At an event when asked what she wanted people to take away from this story she said this: “I just hope that, the way that I’ve been so influenced by books, ... others will be as well by my book. And I hope that even if it doesn’t... change who they are as a person... it starts a conversation, or some sort of questioning...”

“Sometimes, we’re not what our parents expected at all.”

“ If you find a book you really want to read but it hasn’t been written yet, then you must write it. ”

– Toni Morrison

If you find a book you really want to read but it hasn’t been written yet, then you must write it.
Julia’s sister, Olga, dies after being hit by a semi-trailer truck while crossing the street. At the funeral, Julia stands at the casket and observes the body of her hermana while lamenting that Olga was the “perfect Mexican daughter” who never dreamt of anything more than her boring job and sitting at home with their Apá and Amá, their mother and father.

After the funeral, Julia sneaks into Olga’s room. An apparition of Olga appears and directs Julia to Olga’s hidden lingerie, a mysterious note that says, “I love you,” and a room key to the Continental Hotel. Amá discovers Julia snooping in Olga’s room and grounds her. The next day, Amá tells Julia that she is going to have a quinceañera even though she is already fifteen.

Julia visits the Continental and Olga’s best friend Angie’s house to look for answers, but comes up empty-handed at both. Disheartened, she cheers herself up by going to her best friend Lorena’s house in hopes of distracting herself where she tries marijuana for the first time. The next day, Amá forces Julia to go to her little prima’s birthday party. Julia causes a scene by mouthing off to her padres and her tio and gets in even more trouble.

Julia journals and eats lunch with Lorena and Lorena’s friend Juanga (whom Julia has a hard time getting along with). That night, Julia goes to a party with Lorena and Juanga where she runs into Olga’s childhood friend Jazmyn. Jazmyn lets slip that Olga was seeing someone when she died, which Julia believes might connect to the hidden items in Olga’s room.

Julia decides to ask Amá about her hermana’s boyfriend. Amá is upset by Julia’s questions and ends up grounding Julia rather than believe that Olga had a secret novio. While Julia doesn’t find consolation in her mother, she does find it at school in Mr. Ingman, Julia’s profesor who teaches English—Julia’s favorite subject. Julia reveals that she thinks Olga’s death was her fault because she was the reason that Olga had to take the bus instead of getting picked up by Amá. Mr. Ingman tries to help Julia see that she had no control over Olga’s death.

The night before Julia leaves, she gets into Olga’s laptop and finds out she was seeing a married man with kids. She also finds an ultrasound and realizes that Olga was pregnant when she died. Julia boards a plane to Mexico with this secret.

One day Julia returns home, and learns that Apá has gone through her journal and ripped out every page with a swear word. All of her entries, poems, and stories are gone. Amá also finds the lingerie, room key, and note. Julia is unable to tell the truth about these items—that they belonged to Olga, not her—so Amá takes her phone away, grounds her and locks her out of Olga’s room.

After weeks of not having her phone, Connor breaks up with Julia because they can’t communicate. Julia starts to spiral and becomes disconnected from everything—her friends, school, Amá, Apá, y todo. Unable to find joy, and still suffering from the loss of her sister, Julia is driven to attempt death by suicide. Her parents force her to seek psychiatric help and she bonds with Dr. Cooke. Unsure of how to help, Julia’s padres tell her that she’s visiting her familia in Mexico.

Julia’s college decision letters come in and she is disappointed to find that most of them are rejections. She is hopeless until she gets an acceptance letter from her dream school, NYU, which she decides to attend. When the time comes to move to New York, Julia bids her Apá y Amá farewell and, on the plane, meets a kind stranger who looks like Olga and is coincidentally also named Olga. Julia uses Olga’s ultrasound as her bookmark and says, “How amazing is it... that I hold a piece of my sister right here in my hands?”

Under an immense amount of pressure and incredibly sleep-deprived, Julia blows up at Apá, Amá, and Apá during her quinceañera. Her punishment is to spend the summer cleaning houses with Amá. The only silver lining of the summer is that Julia meets Connor—a cute boy from Evanston who likes all the things that Julia does. The two start dating.
**I AM NOT YOUR PERFECT MEXICAN DAUGHTER**

**Character Descriptions** By Education Apprentice Elon Sloan

Short descriptions of the characters in I Am Not Your Perfect Mexican Daughter.

- **Julia**
  - played by Steppenwolf ensemble member Karen Rodriguez
  - This is Julia’s story. She wants to become a famous writer and is always taking notes in her journal. She loves her family but often feels like a disappointment to them. Now that her sister, who was the perfect daughter, is dead, Julia feels more out of place than ever.

- **Olga**
  - played by Dyllan Rodrigues-Miller
  - Julia’s older sister. She was perfect until the day she died. But maybe she only looked perfect? Now that Olga’s gone, Julia is asking questions she never asked while Olga was alive. It’s almost like Olga herself is showing Julia where to look.

- **Amá**
  - played by Charín Alvarez
  - Julia’s amá, her mother. When Olga dies, it pushes her past her breaking point. She cares, but can’t understand why Julia acts the way she does. Is it that Amá doesn’t have enough love left for her disappointment of a daughter? The truth is more complicated than that.

- **Apá**
  - played by Eddie Martinez
  - Julia’s apá, her father. He’s around, but he’s not really there. He’s quiet, but Julia knows he has to feel something about losing Olga. He also has to feel some concern for his only living daughter. Right? He and Amá are living their lives alongside Julia, but they feel so far away.

- **Lorena**
  - played by Leslie Sophia Perez
  - Julia’s best friend. Always around to keep Julia grounded. She’s the one who always gets it. But, after Olga dies, Julia finds herself brushing Lorena off more and more. And did Lorena get a new best friend? Maybe they’re just on different pages these days.

- **Juanga**
  - played by Robert Quintanilla
  - A new friend of Lorena’s. He’s given himself the same nickname as Mexican pop singer “Juan Gabriel”, and like him doesn’t mind being the center of attention. Juanga loves clothes, parties, and gossiping with Lorena. Juanga and Lorena seem to just get each other, and they both know a lot more about sex than Julia does. Does Julia even fit into their new friendship?

- **Connor**
  - played by Harrison Weger
  - A friendly boy Julia meets while book shopping. He’s from Evanston, he’s white, and his family has way more money than hers. He’s also pretty cute. Julia’s never been friends with someone like him, but they both love reading and writing, and they have grand plans for college next year.

- **Mr. Ingman**
  - played by Peter Moore
  - Julia’s favorite teacher. Mr. Ingman is always trying to encourage Julia to stay focused on her schoolwork and on college. Sometimes though, it seems like he doesn’t really see everything that’s holding Julia back. Julia knows Mr. Ingman means well, but he’s still an old white guy who’s already been to college. Can he really help?
INÉS GARCÍA-VALDIVIA: Thank you so much for taking some time to talk about *I Am Not Your Perfect Mexican Daughter* and your role in it. First, I want to know, what was your initial reaction to the story?

KAREN RODRIGUEZ: Honestly, I was shocked reading it! I don’t think I’ve ever read a character in a novel that felt like it had been written just for me. I love Julia, she is my 15-year-old self. As I read the novel the first time, I cried with her and wanted to hug her and wanted her to get out and be a writer all at the same time! I think I relate the most to Julia’s keen sense of self-awareness (and sometimes lack thereof), the embarrassing things that happen to her and that she does, her love of tacos, her awkwardness around boys, her dry humor, and her honest-to-a-fault type of candor. On the outside, I try to be like Lorena [Julia’s best friend], but my true and private internal life is very intensely Julia. I love that Julia doesn’t back down, even in the face of immense pressure and strife. She wants to take a bite out of life. What I envy of her is how much she notices. She’s an astute observer of the world. So that’s what I noticed in my initial reading: how very much I relate to Julia.

INÉS GARCÍA-VALDIVIA: At times, Julia can come off as a bit abrasive or impertinent. How did you feel about those aspects of Julia?

KAREN RODRIGUEZ: I actually don’t think of her like that. Before reading the book, I knew that was a main criticism of our heroine. But when I read it, I completely understood her choices. We’re seeing someone go through immense grief and immense loneliness. She feels very unseen and misunderstood by her family, even by her best friends. And that’s because she herself is lacking language to articulate her depression, even to herself. I think happens to a lot of people, especially young people and especially in the Latinx community. I think Julia is brilliant and with brilliance comes a sensitivity to the world around you. She is trying to make sense of a world without her sister in it. How could someone that young just die? And would it have been different if [she] had done something different that day? Those are very hard questions to grapple with.

INÉS GARCÍA-VALDIVIA: This story has many complex themes and perspectives. What are some things that you’ve learned from this story?

KAREN RODRIGUEZ: To be kinder to myself. I see how Julia feels that no one really gets what she’s going through. But the thing is, people do try to reach out to her, like her teacher Mr. Ingman. I think I am trying now to live in a place where I allow others to reach out to me and actually take their hand when they do. The story has also magnified for me the importance of talking about and taking care of our mental health. I know for sure in my own Mexican family that is not a thing. If you get depressed or are in a state of immense grief, people will say to get over it or “se te va a pasar” (“it will eventually go away”). And I think it’s important for us to destigmatize going to therapy, doing meditation and attending to our mental health. We go to the gym to take care of our bodies. Our minds need that, too.

“I love that Julia doesn’t back down, even in the face of immense pressure and strife. She wants to take a bite out of life.”

“ I think it’s important for us to destigmatize going to therapy, doing meditation and attending to our mental health. We go to the gym to take care of our bodies. Our minds need that, too.”
Love yourself, let people hold you up, and ultimately, do what it is that you want to do with your life.

Hyacinth
By Erika L. Sánchez

On the morning of Jacinta’s birth, the air smelled animal. The blind rooster forever confused by the mysteries of light. After her final gasp of gratitude, Alondra wiped the slime from the baby’s eyes and pierced her ears with golden spikes. Soon she’ll learn to swallow the cactus spines, she murmured. As a girl, Jacinta spooned beans and swept dirt floors with sodden brooms. Her father, merchant of pigs, always speckled the flimsy horizon. Alondra grew inward: a bundle of rags and sticks in a corner, a cocoon of debris. On the rickety walls—ashen saints with their eyes rolled back in blessedness, whites the color of old wedding dresses. The scent of lard, cornhusks, and illness. When the news of her father’s shame came on horseback, Jacinta covered her head with frayed linen and beat his bloody clothes against the river-rocks. What does it mean to forgive? For years she slapped her own face in the faded mirrors. Once, a man strummed his broken guitar in the plaza as a hunchback whistled against a willow tree. It was there that Severo’s gaze finally found her, covered her skin like tar. Under a clipped moon, his voice made one circle and then another, until Jacinta signed her name with the letter X on a wet and frigid morning. The poverty of love. Beads of blood. The children came like swarms of locusts: a constellation of sores on a baby’s face, a womb marked by nothing. In maager times, haughty women bequeathed her leftovers filled with napkins and toothpicks—dregs from their finest feasts. The bloody egg was more than a bad omen, they said. That night the wind smelled like wet copper. The diseased mare brayed in the loud suck of mud, and in her winged loneliness, Jacinta severed her braids and begged for the threat of miracles.

Questions to consider:

- How does Erika L. Sánchez use imagery to tell us about Jacinta and the people in her life?
- What does the imagery in the poem tell you about place, and how Jacinta’s environment affects her?
- How are there themes in this poem which relate to the themes of I Am Not Your Perfect Mexican Daughter and Sánchez’s personal experiences?
**FAMILIA O YO?**

**A Classroom Activity**

By Teaching Artist Sonya Madrigal and Education Apprentice Elon Sloan

**ACTIVITY TIME:** 45 minutes, can be implemented before or after students see the play.

Throughout *I Am Not Your Perfect Mexican Daughter*, Julia struggles with her relationship to family. She loves her parents, but she feels like she’s not the daughter they wanted. She has pride in being Mexican, but she feels like other people use her Mexican identity to define her in ways that don’t fit, and she avoids visiting her family in Mexico as a result. However, once she travels to visit her extended family, her perspective shifts and she realizes how much she doesn’t know about her family’s experience living in Mexico and crossing the border. The story she believed about how she and her family relate changes and becomes something new.

One metaphor that represents this change in Julia is hair braiding. Hair braids are an important part of Mexican culture and fashion. When Julia goes to visit her family in Mexico she remembers that one of her favorite things about her grandmother is that she braids her hair. Although in many ways she feels disconnected from her heritage, having her hair braided by her grandmother reminds her of the importance of her family and of Mexican culture in her life.

In this activity, students will think about a memory in their lives that weaves together like the three strands of a braid; in imagining this story, they will uncover new perspectives, just like Julia does in the play.

### THE FIRST STRAND: YOUR STORY

Think about a memory of a time you faced a challenge relating to your family or your culture. Take a moment and write that story down from your perspective using the following “story ingredients”:

- The story must include a sense of place: where were you when this memory took place? What can you remember about your surroundings?
- Your story should include at least one other person who was there when this moment occurred.
- Your telling of the story should allow the reader to know YOUR AGE. What details can you include about this memory to give the reader a sense of the storyteller’s (YOUR) place in life?
- The story must utilize one of your senses: include a sound, smell, taste, etc. from something you remember from this memory.
- The story should be no longer than 5 sentences.

Here’s an example from Julia’s perspective:

The fridge is empty, of course. The walls look dingy. It’s the same kitchen where I’ve watched Amá and Olga put together meal after meal, for 15 years. I wish for the familiar smell of fresh tortillas, but in real life I just smell old dirty dishes. Now that this room has been empty for a week, it feels like I’m looking at the bright yellow walls through sunglasses. Honestly, the whole world seems to look a little bit sad since Olga died, so maybe it’s me. But maybe it’s that Amá, who used to clean the kitchen every day, has been in bed for two weeks. Could it really get this dirty this fast? “Amá,” I shout, “I’m hungry!” Of course, I get no response.

### THE SECOND STRAND: THE OTHER PERSPECTIVE

Going back to the same story you just authored, think about how things happened from the perspective of someone else who experienced that same moment. Take a moment to take a step back from your feelings on the story to consider how this person was feeling in the moment. Are they responding to the same thing that you are? Where do their emotions about the situation come from? How does this story make them feel about their family or culture?

Using the same ingredients provided for strand one, write the story again from the point of view of the other person present during this moment.

Here’s an example of the same story but this time from the perspective of Amá:

I hate this bed, it feels like it’s trying to swallow me. But my hands weigh more than my arms, and there’s lead in my shoulders pinning me down into my pillow, and even though I’m being smothered by my itchy comforter, I’m so cold. I can hear Julia walking around, what has she gotten into? She’s in that nasty kitchen. I’m 44 years old, how could I let my kitchen get like that? But how could Julia and my husband let my kitchen get like that? “Amá,” Julia shouts, “I’m hungry!”

It’s so rude to shout at your mother like that. But I know I should have made dinner last night and cleaned this morning. I have...had... two daughters, not just one. I should be helping Julia, but how?
THE THIRD STRAND: A NEW STORY

Read back to yourself strands one and two. Did you notice anything new writing the same story from a new perspective? What most sticks out to you about the differences between strand one and two?

Now that you’ve thought about that same story in two different ways, we’re going to braid them together to make something new.

Find a new and different standpoint to write altogether. You could write in third person or from the perspective of a new onlooker or from a different point of view. Focus on what sticks out to you about the story now that you’ve written it twice. Can you write a new story that combines your viewpoint AND someone else’s and creates something brand new?

Use these new ingredients in your story:

- The story must include a character changing their physical space. Consider: Knowing that place is so important in the first two stories, how does making a change to the space affect the conflict between characters?
- The story must include a moment of care between the characters. Think about some of the ways you take care of the people in your life even when you feel you can’t necessarily relate to them.

Here’s an example of the final story Julia might have written using the ingredients for the third strand:

The Third Strand:

Julia is in the kitchen, but it doesn’t remind her of the bright place she watched her mother and sister nurse pots of beans and shape tortillas. Amá is in bed, but she can’t relax or sleep soundly, like she used to after wearing through the days’ cleaning. Her mind is in the kitchen, with the mess, with Julia, with Olga. Julia shouts that she’s hungry, but Amá can’t fix it. Amá can’t get up. Julia peels back the covers that seem to weigh her mother down. She tries to force a smile. “Take my purse,” Amá says. It’s all she can do. But at least she is able to do something.

Questions to consider:

- Did completing the activity help you realize anything new about yourself or how you relate to your family or culture?
- What differences did you notice between your stories? Was it hard to consider your memory from other viewpoints?
- How did rewriting your story help you relate to Julia’s journey in I Am Not Your Perfect Mexican Daughter?

To learn more, contact Director of Education Megan Shuchman at mshuchman@steppenwolf.org

STEPPENWOLF EDUCATION

CITY CONNECTIONS

Partnering with others to use the arts to empower young people

WHAT IS CITY CONNECTIONS

City Connections is Steppenwolf Education’s community engagement model rooted in building authentic and mutually beneficial long-term partnerships. By partnering with organizations that share our mission of using the arts to empower youth, we find authentic ways to bring barrier-free programming into communities we don’t currently serve, with the hope that young and emerging adults can feel inspired to join us at Steppenwolf.

Partnering with Steppenwolf has been really impactful. I can see the change in the youth. This partnership is beautiful because these kids need creativity. Steppenwolf sharing their workshops and knowledge of the arts to our kids is more profound than I think most of us realize.

- Max Cerda
  Street Intervention Specialist
  BUILD, Inc.
IT’S COMPLICATED

The death of a loved one affects everyone differently. It is not unusual for people to go through several stages of grieving after losing someone close ranging from shock and denial to anger and bargaining to acceptance and hope. We see Julia go through several stages of grieving throughout her journey. For example, when Julia is at her quinceañera and has a moment of anger towards Olga’s best friend Angie. When asked by her best friend if she’s okay, Julia responds: “No, Lorena, I’m not okay. Okay? I’m not, I’m not, I’m not.” The guilt that Julia feels at various moments throughout the play is another stage of grief. This is clear when she is talking to her English teacher Mr. Ingman and mentions “…and I can’t shake the feeling that, um, that I’m missing something… Sometimes I think it’s my fault. That Olga’s, um… that she’s gone…” Another sign of Julia navigating grief is her inability to sleep. It is common for individuals to have newfound insomnia when going through grief as they may have stressful thoughts about their loved ones that keep them up. On multiple occasions, Julia mentions her difficulty sleeping, “I haven’t been able to sleep. My body is begging for rest but I just…can’t fall asleep. Every time I close my eyes, she’s right there.”

The grief that Julia feels is totally normal, but it complicates many of her emotions and relationships with friends, family and loved ones. Though there is no specific timeline for grief, it is important to reflect on when grief can turn into depression. Dr. Michael Miller, an assistant professor of psychiatry at Harvard Medical School, notes that with both grief and depression, “People cry. They feel depressed. [They have] trouble sleeping. They may not have an appetite. They may not feel like doing anything. They may not take pleasure in anything.” All these symptoms we see Julia navigating on her journey.

Grief and depression can look very similar and often overlap according to Dr. Miller. He acknowledges “the death of a significant other can be the catalyst that brings depression to the foreground.” With Julia, we see how the death of Olga heightens the stress she feels as the daughter of immigrants and amplifies the loneliness she feels, ultimately leading to her suicide attempt in the play. When Julia speaks to Dr. Cooke after the attempt, she describes the deep well of emotions that have been accumulating, and the depression that she’s been navigating: “It’s like... how can I explain... first, my sister dies, which has been a living hell. And... there’s so much I want to do, but can’t. The life I want seems impossible, and it just gets so... frustrating.”

YOU’RE NOT ALONE

Julia is juggling a lot of responsibilities and expectations in this story. While grieving the loss of her sister, she still has to apply for colleges, go to school, work with her mom, have a quinceañera that she doesn’t want, navigate her first sexual experience, and so much more. A report from the U.S Surgeon General notes that “in five children and adolescents will face a significant mental health condition during their school years.” Today’s teenagers are facing higher stress and anxiety rates than any other generation, leading to a notable increase of teen suicide rates in the U.S.

These rates are even higher among young Latinas in America. According to the Centers for Disease Control and Prevention’s 2017 Youth Risk Behavior Surveillance Survey, 10.5% of Latina adolescents aged 10–24 years in the U.S. attempted death by suicide in 2017. Unfortunately, conversations around depression and mental illness are often taboo, especially in communities of color. This lack of dialogue accompanied by a lack of resources and access to health care exacerbates issues surrounding mental health for young people of color. While Julia does speak about her depression, it’s never with her family. For example, Julia mentions “I feel so lonely that I don’t know what to do with myself. I usually wait till my parents fall asleep and then I just bail my eyes out.”

YOU’RE ENTITLED TO YOUR EMOTIONS: GRIEF AND MENTAL ILLNESS IN I AM NOT YOUR PERFECT MEXICAN DAUGHTER

By Education Associate Abhi Shrestha

One of the most prominent questions in I Am Not Your Perfect Mexican Daughter is: How do we cope with depression and grief amidst great personal loss? The story centers Julia, a 15-year-old Mexican-American teenager growing up in Chicago and navigating and exploring her own mental health after the death of her older sister. “I know mental illness is taboo, but talk about my experiences with mental illness” openly because I hope that they can help others. I want young people to know that it’s okay to be mentally ill and that it’s okay to ask for help,” says the novel’s author, Erika L. Sánchez. Julia’s journey reminds us that we must talk openly and honestly about mental illness. If we hope to dispel the shame and stigma of depression, we must start with telling our stories.

Sánchez hopes, “people can learn from what I’ve gone through and see that recovery is possible.” Let’s allow Julia’s journey to inform our work to destigmatize conversations around grief and mental health as we work together to address mental health the best we can.

What are the underlying reasons Julia doesn’t have an honest conversation about her loneliness with her parents?

NO SHAME IN TALKING

As Dr. Cooke reminds Julia, “You’re entitled to your emotions. There shouldn’t be any shame in that.” And that’s true, there shouldn’t be any shame in talking about our mental health. The first step towards addressing the mental health issues in high school settings, and in general, is understanding them on a deeper level. It’s important to look at Julia’s story and think about how her story might be different if she was able to have more transparent conversations about her mental well-being. But talking about it is only the first step, many of the issues around mental illness require professional support like any other illness. We see positive change in Julia’s life after her visit with Dr. Cooke, starting anti-depression and anti-anxiety medications, and beginning therapy.

Sánchez hopes, “people can learn from what I’ve gone through and see that recovery is possible.” Let’s allow Julia’s journey to inform our work to destigmatize conversations around grief and mental health as we work together to address mental health the best we can.

RESOURCES

Skeppenwolf Education works in partnership with licensed social workers from Pryme Center for Women and Children, Chicago Children’s Center for Behavioral Health, and Communities In Schools of Chicago. Social workers will be present at each school performance of the show. Please contact Education Associate Abhi Shrestha (asrestha@skeppenwolf.org) for more information about these organizations and how to connect with them.

Youth in need of professional help should seek out one of these resources:

- Mujeres Latinas en Acción: mujereslatinasenaccion.org | 773.890.7676
- National Runaway Safeline: 1-800 RUNAWAY or youth.gov | 1.800.786.2929
- Youth Outreach Services: you.org/services/counseling | 773.777.7112

In the event of an emergency, young people should call 9-1-1 or the National Runaway Safeline.
BEST SELF BAILE
A Classroom Activity
By Teaching Artist Wilfrido Ramos Jr.

ACTIVITY TIME: 45 minutes; to be implemented after students see the play.

When Julia "perfect" sister, Olga, dies unexpectedly in I Am Not Your Perfect Mexican Daughter, Julia experiences a lot of pressure from her parents to be like her sister and to play the role of a "Perfect Mexican Daughter" who cooks, cleans, and obeys her parents. But Julia is not her sister and Olga's footsteps aren't ones Julia wants to follow. In this activity, students will explore how they can step away from the version of SELF others want them to be and into the SELF they want to be.

STEP ONE – BECOMING JULIA
5 mins
Have students read the following passage from I Am Not Your Perfect Mexican Daughter aloud. Read the passage at least twice. Each time invite a different reader to read the passage.

JULIA
Remember all the times Amá and Apá sent us to Mexico? Those were the best times, huh? I can still hear your laugh. I can still feel the sun on our cheeks. I can feel your arm around my neck, whispering in my ear, telling me to enjoy this for Amá and Apá since they'll never get to come back here. The sacrifices they made bringing us to Chicago. Leaving their entire world behind. Is that why you never left?

You were so much better than me.
Cleaning...
Cooking...
The perfect daughter.
The perfect Mexican daughter.

STEP TWO – IMAGINING "PERFECT"
5 mins
Ask students to take a moment to imagine a role that someone else has cast them in. For Julia, that role is Perfect Mexican Daughter. For someone else, that role could be Honor Student, Church Youth Leader, "Mother" to Younger Siblings, Teacher’s Pet, Bossy Older Sister, Tagalong Little Brother, Confidant, Pianist, Gamer or anything else they can imagine. Whatever roles they choose, have students make sure that the roles are ones that other people have chosen for them and that they feel comfortable talking about their choices with their peers. Once students have thought of a role, have them write their responses on a piece of paper.

Now, have students name three habits that they think a person in their chosen role does. Create a gesture or movement to represent this habit. This movement should be one that you can repeat.

Example: For Julia, a Famous Writer might….
1) Always carry a notebook and pen
2) Remember the littlest details to add to a future story
3) Engage with people in all different settings as fodder for new characters

Once students have thought of three habits of a role someone else has cast them in, have them write them down on the same piece of paper.

STEP THREE – IMAGINING FUTURE SELVES
5 mins
Now, have each student think of a role that they would cast for themselves. The roles students choose should be ones that they aspire to play someday. If Julia were doing this exercise, she might cast herself as a Famous Writer. Perhaps for someone else that is a Model Student or a Winning Poet or a Fabulous Painter. Ask students: What role would you cast for yourself? Have them write their responses on the same piece of paper.

Invite students to name at least three habits that they think a person in their chosen role practices. Have students write their ideas on the same piece of paper.

Example: For Julia, a Famous Writer might....
1) Always carry a notebook and pen
2) Remember the littlest details to add to a future story
3) Engage with people in all different settings as fodder for new characters

Once students have thought of three habits, have them write them down on the same piece of paper.

STEP FOUR – MOVEMENT PRACTICE
15 mins
Invite students to rise to their full heights according to their individual abilities. For this portion of the activity, the facilitator has the option to have students complete the following tasks wherever they are or gather the group in a circle.

Centering Prompts (2 minutes)

• Take a breath.
• Notice where your attention is right now. Is it here with you in this moment?
• Is it somewhere else?
• Take another breath. As you breathe, let go of anything else on your mind and bring your attention to this moment.
• Take another breath.
• Remember the littlest details to add to a future story
• Engage with people in all different settings as fodder for new characters

Example: For Julia, a Famous Writer might....
1) Always carry a notebook and pen
2) Remember the littlest details to add to a future story
3) Engage with people in all different settings as fodder for new characters

Sequence One: Becoming "Perfect" Prompts (5 minutes)

Remember the role that someone else chose for you. Remember one of the habits that a person in this role does. Create a gesture or movement to represent this habit. This movement should be one that you can repeat.

Example: Julia might kneel and move her hand in a circle over the floor to show how she thinks a Perfect Mexican Daughter cleans.

• Remember the role that someone else chose for you. Remember one of the habits that a person in this role does. Create a gesture or movement to represent this habit. This movement should be one that you can repeat.

Example: Julia might kneel and move her hand in a circle over the floor to show how she thinks a Perfect Mexican Daughter cleans.

• Create a gesture or movement for a second habit.
• Create a gesture or movement for a third habit.
• Create a word or sound that expresses how you feel in this role.

Example: Julia might groan each time she bends down to kneel.

• Combine all three movements and your sound into a single sequence. Pay attention to how you move from one movement to the next. Pay attention to your breath. Before students combine their movements, this is an opportunity for you to model an example.

• Remember your sequence and let it go.
Sequence Two: Becoming Our Future Selves (5 minutes)

• Remember the role that you chose for yourself. Remember one of the habits a person in this role does. Create a gesture or movement to represent this habit. This movement should be one that you can repeat.

   Example: Julia, as the Famous Writer might pretend to write in a notebook.

• Create a gesture or movement for a second habit.
• Create a gesture or movement for a third habit.
• Create a word or sound that expresses how you feel in this role.

   Example: Julia might laugh.

• Combine all three movements and your sound into a single sequence. Pay attention to how you move from one movement to the next. Play attention to your breath. Before students combine their movements, this is an opportunity for you to model an example.

From First to Second Sequence (3 minutes)

• Remember your first sequence.
• Practice transitioning from your first sequence to your second sequence at least twice.
• Breathe, and let your dances go.

STEP FIVE – CAN I HAVE THIS DANCE?

15 mins

Invite students to form pairs, or to find a “dance partner.” Have partners introduce themselves. Once all students are paired up, invite partners to take turns sharing their sequences, one at a time.

Once all pairs have shared their sequences, invite partners to discuss the following: What differences did you notice between the first and the second sequences? What connections can you make between your sequences? How did it feel to embody and witness each other’s sequences?

Invite the full group to discuss the following: What actions can we and other people take to help us live more authentically in our bodies?
We at Steppenwolf are thrilled to continue our work with the Chicago Public Library (CPL) as a part of our City Connections partnership—a programming model focused on identifying authentic ways to bring barrier-free programming into communities we don’t currently serve, with the hope that young adults can feel inspired to join us at Steppenwolf.

As a part of this partnership, we turned to the Chicago Public Library’s Teens Services and Content Curation Departments to provide their expert opinions on ways teachers and students might dive deeper into the world of this production. The following lists have been prepared by Chicago Public Library staff as a resource guide to help you and your students explore themes and topics related to *I Am Not Your Perfect Mexican Daughter*. Learn more about what CPL has to offer at chipublib.org. And see the opposite page for information about the 2020 ChiTeen Lit Fest!

**RECOMMENDATIONS**

**FICTION**

**AMERICAN STREET BY IBI ZOBOTI**
On the corner of American Street and Joy Road, Fabiola Toussaint thought she would finally find une belle vie—a good life. But after they leave Port-au-Prince, Haiti, Fabiola’s mother is detained by U.S. immigration, leaving Fabiola to navigate her loud American cousins; the grittiness of Detroit’s west side; a new school; and a surprising romance, all on her own. Just as she finds her footing in this strange new world, a dangerous proposition presents itself, and Fabiola soon realizes that freedom comes at a cost.

**CUBA 15 BY NANCY OSA**
Violet Paz has just turned fifteen, a pivotal birthday in the eyes of her Cuban grandmother. But while Violet is half Cuban, she’s also half Polish, and more importantly, she feels 100% American. Except for her zany family’s passion for playing dominoes, smoking cigars, and dancing to Latin music, Violet knows little about Cuban culture, nada about quinces, and only tidbits about the history of Cuba. So when Violet begrudgingly accepts Abuelita’s plans for a quinceañera—and as she begins to ask questions about her Cuban roots—cultures and feelings collide.

**LOVE, HATE AND OTHER FILTERS BY SAMIRA AHMED**
Seventeen-year-old Maya Aziz is torn between worlds. There’s the proper one her parents expect for their good Indian daughter: attending a college close to their suburban Chicago home and being paired off with an older Muslim boy her mom deems “suitable.” And then there is the world of her dreams: going to film school and living in New York City—and pursuing a boy she’s known since grade school. But in the aftermath of a horrific crime perpetrated hundreds of miles away, her life is turned upside down. The community she’s known since birth becomes unrecognizable; neighbors and classmates are consumed with fear, bigotry, and hatred. Ultimately, Maya must find the strength within to determine where she truly belongs.

**NON-FICTION**

**AMERICANIZED: REBEL WITHOUT A GREEN CARD BY SARA SAEDI**
At thirteen, bright-eyed, straight-A student Sara Saedi uncovered a terrible family secret: she was breaking the law simply by living in the United States. Only two years old when her parents fled Iran, she didn’t learn of her undocumented status until her older sister wanted to apply for an after-school job, but couldn’t because she didn’t have a Social Security number. Fear of deportation kept Sara up at night, but it didn’t keep her from being a teenager. From discovering that her parents secretly divorced to facilitate her mother’s green card application to learning how to tame her unibrow, Sara pivots gracefully from the terrifying prospect that she might be kicked out of the country at any time to the almost-as-terrifying possibility that she might be the only one of her friends without a date to the prom.

**DON’T CALL ME CRAZY: 33 VOICES START THE CONVERSATION ABOUT MENTAL HEALTH EDITED BY KELLY JENSEN**
To understand mental health, we need to talk openly about it. Because there’s no single definition of crazy, there’s no single experience that embodies it, and the word itself means different things—wild? extreme? disturbed? passionate?—to different people. In *(Don’t) Call Me Crazy*, thirty-three actors, athletes, writers, and artists offer essays, lists, comics, and illustrations that explore a wide range of topics.

**MULTI-MEDIA**

**THIS IS NORMAL (PODCAST)**
This is Normal is a podcast where young people talk about their own mental health challenges—and how they got through them. Because when we share our stories, we can all feel a little less alone.

**15: A QUINCEAÑERA STORY (FILM)**
A Quinceañera Story is a collection of five short documentary films, follows five Latina girls— all observing the traditional rite of passage of the quinceañera, a celebration of their fifteenth birthdays. The documentary chronicles the girls and their families as they navigate the complexities of coming of age in the U.S.

**POETRY**

**LESSONS ON EXPULSION BY ERIKA L. SÁNCHEZ**
Poet, novelist, and essayist Erika L. Sánchez’s powerful debut poetry collection explores what it means to live on both sides of the border—the border between countries, languages, despair and possibility, and the living and the dead. Sánchez tells her own story as the daughter of undocumented Mexican immigrants and as part of a family steeped in faith, work, grief, and expectations. The poems confront sex, shame, race, and an America roiling with xenophobia, violence, and laws of suspicion and suppression. With candor and urgency, and with the unblinking eyes of a journalist, Sánchez roves from the individual life into the lives of sex workers, narco-trafficers, factory laborers, artists, and lovers. What emerges is a powerful, multifaceted portrait of survival.

**ELECTRIC ARCHES BY EYE L. EWING**
Electric Arches is an imaginative exploration of black girlhood and womanhood through poetry, visual art, and narrative prose. Blending stark realism with the fantastical, Ewing takes us from the streets of Chicago to an alien arrival in an unspecified future, deftly navigating boundaries of space, time, and reality with delight and flexibility.

Parents, educators and teens interested in learning more about teen programming at the Chicago Public Library should visit chicagopubliclibrary.org/teens and save the date for the ChiTeen Lit Fest on Saturday, April 25!
COMMON CORE STATE STANDARDS
Aligned With Classroom Activities in This Study Guide

COLLEGE AND CAREER READINESS
ANCHOR STANDARDS FOR READING, STANDARD 1:
Read closely to determine what the text says explicitly and to make logical inferences from it; cite specific textual evidence when writing or speaking to support conclusions drawn from the text.
See ‘Familia O Yo?’ on page 14 and ‘Best Self Baile’ on page 20

COLLEGE AND CAREER READINESS
ANCHOR STANDARDS FOR READING, STANDARD 2:
Determine central ideas or themes of a text and analyze their development; summarize the key supporting details and ideas.
See ‘I Am Not Your Perfect Mexican Daughter Show Synopsis’ on page 6

COLLEGE AND CAREER READINESS
ANCHOR STANDARDS FOR READING, STANDARD 3:
Analyze how and why individuals, events and ideas develop and interact over the course of a text.
See ‘Best Self Baile’ on page 20

COLLEGE AND CAREER READINESS
ANCHOR STANDARDS FOR READING, STANDARD 10:
Read and comprehend complex literary and informational texts independently and proficiently.
See ‘Finding Las Malcriadas’ on page 2

COLLEGE AND CAREER READINESS
ANCHOR STANDARDS FOR WRITING, STANDARD 3:
Write narratives to develop real or imagined experiences or events using effective technique, well-chosen details, and well-structured event sequences.
See ‘Familia O Yo?’ on page 14

COLLEGE AND CAREER READINESS
ANCHOR STANDARDS FOR WRITING, STANDARD 4:
Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.
See ‘Familia O Yo?’ on page 14

If you need further information on how grade-specific standards fit into these anchor standards, please let us know.

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