

READER'S GUIDE

RISING

**TROUBLE
MAKER**

**A FEAR-FIGHTER
MANUAL FOR TEENS**

LUVVIE AJAYI JONES

author of the New York Times bestseller *Professional Troublemaker*



“Offers invaluable advice with refreshing forthrightness and brutal honesty to teens.”

--Booklist starred review

The goal of dismantling fear is presented in an easy-to-understand format that makes it seem possible. Overall, the narrative’s humor and humility make for an engaging and thought-provoking read.”

--Kirkus Reviews

Rising Troublemaker: A Fear-Fighter Manual for Teens, is the young readers edition of Luvvie Ajayi Jones’ New York Times bestseller, *Professional Troublemaker*.

In *Rising Troublemaker*, Luvvie uses her honesty and humor to inspire teens to be their bravest, boldest, truest selves, in order to create a world they would be proud to live in.

Luvvie walks tweens and teens through what they must get right within before they can do the things the scary, necessary things; how to use their voice for the greater good; and how to put movement to the voice they’ve been silencing, because truth-telling is a muscle.

luvvie.org    @luvvie



Ways to SUPPORT RISING TROUBLEMAKER



Buy the book for students, members of your organizations, and colleagues.

- **Host** a book club and use this *Rising Troublemaker* Discussion Guide to hold helpful discussions about tackling fear, speaking the truth, and dreaming audaciously.

Share gems from *Rising Troublemaker* on social!

- Find your favorite quote from the book. Share it on social media and tag **@Luvvie** + **@ProfessionalTroublemaker**, and use **#RisingTroublemaker**.



Write

YOUR OWN ORÍKÌ

What's an oríkì? It is a Yoruba word that combines two words to mean “praising your head/mind.” Orí is “head” and kì is “to greet or praise.” An oríkì is a greeting that praises you through praising your kinship and speaking life to to your destiny. It is your personal hype mantra, and can be spoken or sung.

Luvvie lists hers as:

LUVVIE *of* HOUSE JONES

**First of Her Name. Assassin of the Alphabet. Bestseller of Books. Conqueror of Copy.
Dame of Diction. Critic of Culture. Sorceress of Side-eyes. Eater of Jollof Rice.
Rocker of Fierce Shoes. Queen of the Jones Kingdom. Taker of Stages.
Nigerian Noble and Chi-Town Creator.**

So, how do you write a simple oríkì for yourself? Here's the formula:

_____ *of* _____
First Name and Middle Name House Last Name

Number of Her / His / Their Name
(ie. Juniors are “Second of Their Name”)

_____ _____
Noun (Occupation or Descriptor) Noun (Thing)

Have some *fun* and *gas yourself up!*



QUESTIONS AND TOPICS

for Discussion

BE

- In the book, Luvvie defines a Rising Troublemaker as someone who is “committed to speaking the truth, showing up always as themselves, and is almost unable to bow in the face of a world that demands it.” **In what way are you a Rising Troublemaker?**
- Luvvie uses her grandmother Fúnmiláyò Fálóyín as her personal guide to “troublemaking.” **Who in your life serves as inspiration for what it means to be a troublemaker?**
- In chapter 3, Luvvie talks about a group of men who get together to buy a mountain, as an example of the importance of dreaming audaciously. **What is a dream you have that feels so big that it scares you? Say it out loud or write it down.**
- Luvvie is a big proponent of owning your own dopeness. So right now, own yours! **What are your gifts? Even on your worst day, what makes you amazing?**
- We often talk about fear of failure but fear of success is just as real, if not more. **What is something that you succeeded at that you were initially afraid to do? How did you overcome that fear?**



QUESTIONS AND TOPICS

for Discussion

SAY

- Luvvie asks herself three questions to think about when she’s deciding whether or not to challenge something: Did you mean it? Can you defend it? Can you say it with love? **Talk about a time when you were faced with a challenging moment. Did you speak up? Why or why not? Using these questions now, how might your decision have changed?**
- On the topic of advantages in society, Luvvie shares the phrase “spend your privilege,” which she learned from activist and teacher Brittany Packnett Cunningham, who learned it from disability rights advocate Rebecca Cokley. **What privileges do you have? What might be a way to spend it on behalf of others in the future?**
- In chapter 6, Fail Loudly, Luvvie tells the story of her biggest public fail, and how she used that moment as a stepping stool to be better, smarter, tougher, kinder, and more gracious. **What is a time that you failed at something? What did you learn from that moment?**
- Luvvie shares how she finds it hard to ask for more and to ask for help. What holds you back from asking for help when you need it? **When have you asked for more (or help) and someone said “YES?”**
- As you were reading Luvvie’s stories in Chapter 9, did it make you more uncomfortable to think about asking for more or asking for what you want? **Get curious and write down some of your reflections on this.**
- Most of us find boundaries exceptionally challenging. We think we can’t afford to tell people our boundaries for fear of making them upset. But when we are silent, we betray ourselves. **What keeps you from establishing boundaries with other people? What lines do you need to draw and why?**



QUESTIONS AND TOPICS

for Discussion

DO

- Luvvie shares this quote from Maya Angelou in chapter 11: “You may not control all the events that happen to you, but you can decide not to be reduced by them.” **When unexpected change enters your life, how have you handled it? How might you handle things differently after reading this book?**
- Luvvie says, “Niceness might mean saying positive things. But kindness is doing positive things: being thoughtful and considerate, prioritizing people’s humanity over everything else.” **What is a moment where you were NICE when you should have been KIND?**
- In chapter 6, Fail Loudly, Luvvie tells the story of her biggest public fail, and how she used that moment as a stepping stool to be better, smarter, tougher, kinder, and more gracious. **What is a time that you failed at something? What did you learn from that moment?**
- We know from Rising Troublemaker that building a squad is critical for every person. As Luvvie puts it, “Curate a crew of people who cheer you on, challenge you, check on you, and are committed to creating an awesome life with you.” **Who is in your squad?**
- Throughout the book, Luvvie is careful to point out that fear will never go away, but we owe it to ourselves to do the scary stuff anyway. **What is something right now in your life that you’re scared of doing, and how are you going to tackle it after reading this book?**



*A Conversation
with*
**LUVVIE
AJAYI JONES**



How does this book, *Rising Troublemaker*, compare to *Professional Troublemaker*, the adult book it was adapted from?

This is the book I wish I had when I was a teenager. This book's purpose is to make sure young disruptors have everything they need to fight fear, spark change, and speak truth to power. **I wrote this book for young teens and tweens because that there are TOO many things that we didn't learn as young people that we should have.** We were too busy wishing we were grown, not knowing that being an adult is a whole scam. Maybe adults thought we were too young, or maybe the grown ups in our lives didn't have the time because they were also blindsided by what they did not know. **This book affirms and nurtures the *Rising Troublemakers* so they grow into their professional troublemakerness with confidence.**

Who is this book for?

It's for the *Rising Troublemakers* coming into adulthood in this world, for Teen Luvvie, for my nieces and nephews. **I REFUSE to be idle and watch young people stumble over the same blocks I stumbled over, especially when the only thing they need is the information.** The book is geared towards 12-19 year olds to loan young adults the courage to thrive in a world that can make you feel powerless and voiceless.

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