

A photograph of a group of students in a classroom, looking towards the left. They are wearing dark blue school uniforms with yellow accents. A large green triangle is on the left side of the image.

# SpinChat

## Student Workbook

An initiative of *Independence*  
AUSTRALIA  
*Your way.*

Student Name:

## Video One

Answer these questions after watching the first SpinChat video

### Question 1:

A. What is a disability?

B. What is the difference between born with and acquired?

### Question 2:

A. Do you have a dream or goals for your future?

B. How would your future plans be impacted if you went through an experience similar to Antonio?



**Question 3:**

What is the spinal cord and what does it do?

**Question 4:**

What is a spinal cord injury / types of spinal cord injuries?

**Question 5:**

Can people with a spinal cord injury walk?

**Question 6:**

What part of your body can a spinal cord injury affect?

**Question 7:**

What is the term used to describe muscles that have degraded?



**Question 8:**

What parts of Antonio's body have been impacted by his muscles being degraded?

**Question 9:**

What are some of the kinds of trauma that Antonio talks about? Can you list any other possible kinds of trauma that may cause a SCI?

**Question 10:**

Describe the day of his accident – what happened?



## Video Two

Answer these questions after watching the Second SpinChat video

### Question 1:

How long was Antonio in a coma?

### Question 2:

How many hours of surgery did he need to have – and on what part of his body?

### Question 3:

How many days did Antonio spend on life support?

### Question 4:

How do you think you would feel if you received the news that Antonio did from the doctor – that he would never walk again?



**Question 5:**

What does independence mean to you – and how do you think your definition of independence would change if you were to go through an experience like Antonio?

**Question 6:**

Why do you think that Antonio describes his injury as being more 'mental' than 'physical'?

**Question 7:**

How do you think that your identity would be impacted if you were to go through an experience like this?



# Video Three

Answer these questions after watching the third SpinChat video

## Question 1:

Antonio describes several risky behaviors throughout the presentation. Can you think of a time that you may have engaged in behavior that could be considered risky and how you might be able to lower the risk for yourself?

## Question 2:

After hearing how Antonio describes the word 'inspirational' will you reconsider using this to describe someone who has been through an experience like Antonio's? Why?



**Question 3:**

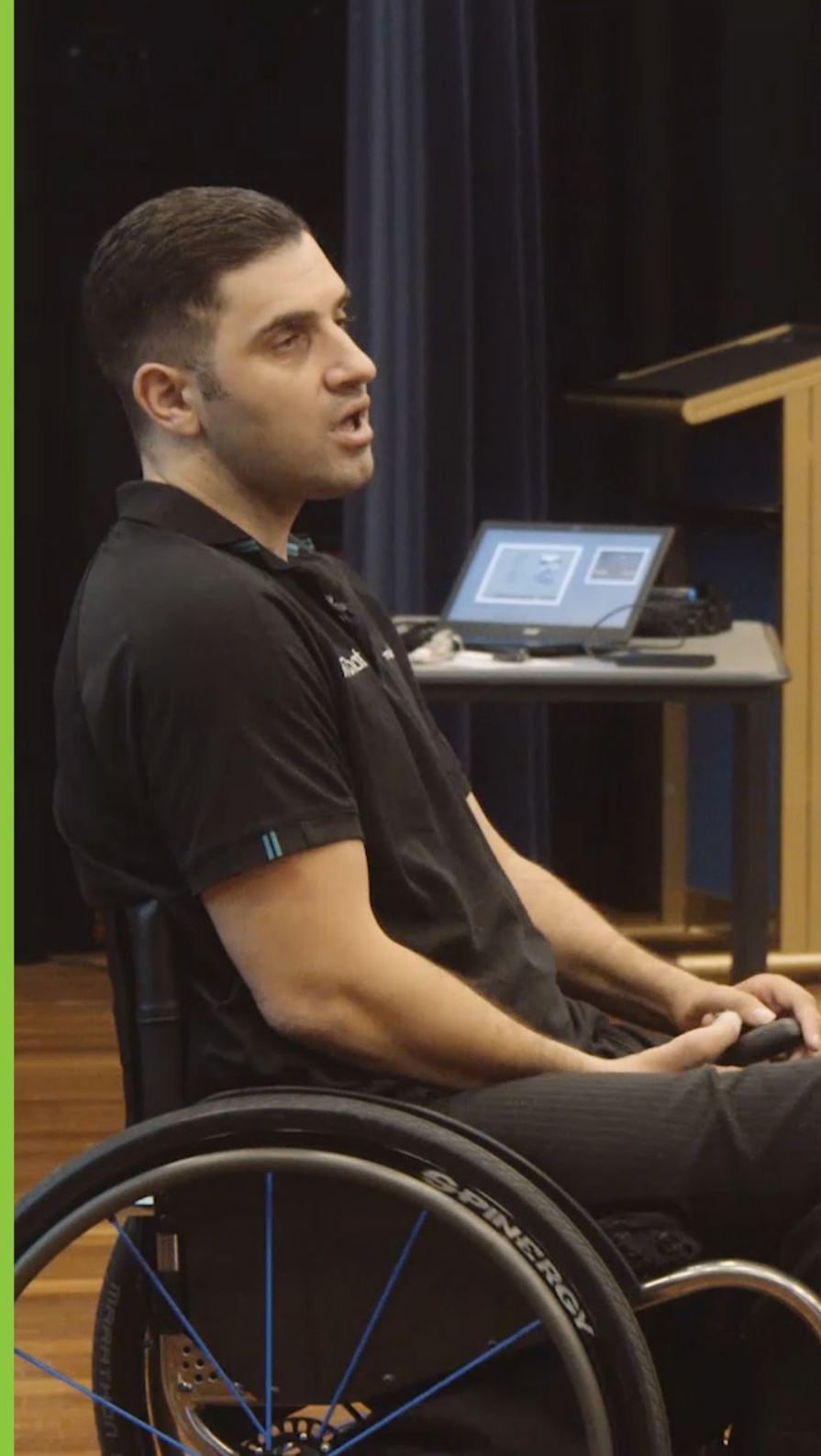
What are some of the things that Antonio lists as achievements?

**Question 4:**

What is it that helps you to determine if you are in a risky situation – can you think of some methods that you can implement to make you more aware of risk?

**Question 5:**

Antonio talks about consequences of engaging in risky behavior – what are some of the consequences that you can think of?





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