

DISCUSSION GUIDE

BEND IT LIKE BECKHAM

Bicultural Identity, Acculturation, and the Reconciling of Heritage and Aspiration

Watch with curiosity, compassion, and an open heart.

BEFORE YOU DISCUSS

Jess loves football. Her family treasures their Indian Sikh heritage. Her journey is about finding a way to honor both.

1

LIVING BETWEEN TWO CULTURES

How does Jess show that she belongs to both her Indian Sikh heritage and British culture? What parts of each are most important to her?

2

THE PRESSURE TO CHOOSE

What moments in the film show the pressure Jess feels to pick between her family's expectations and her own dreams?

3

ACCULTURATION AND IDENTITY

Which of Berry's four paths (integration, assimilation, separation, marginalization) does Jess's journey most closely reflect?

THINK TOGETHER

- ✓ What does belonging mean to you?
- ✓ How can we honor our heritage and still follow our passions?
- ✓ How can families support dreams that look different from their own?

4

FAMILY, LOVE, AND LOYALTY



How does Jess's family show love? How does that love sometimes conflict with her goals?

5

BRIDGES, NOT BREAKS



What helps Jess build understanding between her two worlds? Who helps her along the way?

6

THE POWER OF BELONGING

What does the film teach us about feeling accepted for all of who we are?

7

YOUR STORY



Can you think of a time you felt torn between two expectations or cultures? What did you learn about yourself?

Jess learns that she doesn't have to give up one part of herself to succeed. She can bend the rules—and make her own path.



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Understanding minds.

Strengthening connections.