



DISCUSSION GUIDE

The Psychology of Luca

*Hidden Identity, the First Friend,
and the Courage to Be Seen*

*"Some of us are born to live in the sea.
Some of us are born to live in the light."*

Exploring what *Luca* teaches us about
hiding who we are, the first friend who
makes change possible, accepting our true
selves, and the work of becoming visible.



BEFORE YOU WATCH

- What does it mean to feel like you have to hide part of who you are?
- Have you ever been curious about a world or way of life that was discouraged by others?
- What kinds of messages do we get—directly or indirectly—about who we're "allowed" to be?



AFTER YOU WATCH

- What did Luca risk in order to explore the world above? What was he hoping to find?
- How did Alberto's friendship change what Luca believed was possible for himself?
- Giulia accepted Luca and Alberto without knowing their secret. How did this acceptance affect Luca?
- Why do you think Luca ultimately chose to return home? Do you see that as giving up or growing up?
- What did Luca bring home with him from his summer above the surface?



FOR PARENTS & EDUCATORS

- How can we create environments where children feel safe being their authentic selves?
- What's the difference between protecting a child and limiting them out of our own fears?
- How do we support kids in finding their "Albertos"—safe peers who see and encourage their true selves?

DEEPER QUESTIONS



1 Identity & Belonging

Where do you feel most like yourself? Where do you feel pressure to hide or change?

2 The First Friend

Who was (or is) the person who first made you feel seen, accepted, or capable of more? What difference did it make?

3 Courage & Vulnerability

What would it look like for you to take one small risk toward living more authentically?

4 Community & Roots

How do our families and communities shape who we believe we can be? What messages are worth keeping?

5 Change & Growth

Luca returned home but wasn't the same. How do we honor where we come from while still becoming who we are?

6 Your Sea & Your Sky

What is your "sea"? What is your "sky"? Can both be part of your life?



*The first Alberto
may not be the last one.
But the first Alberto is
often what makes all
subsequent finding
possible.*



DR. MICHAEL ZAKALIK, Psy.D.
Psychologist for Parenting | Z Psychology



Understanding
minds.



Strengthening
connections.



Raising
resilient kids.