

StayDriven

Thank you for booking a D.O. *Stay Driven* performance.

We have enclosed setup information as well as follow up material.

If you have any questions feel free to contact me at:

duane@staydriven.com

416.910.3900

Who do we make the cheque payable to?

Make all cheques payable to: **Northstarr Entertainment Inc.**

Anything else we should be aware of?

Before the show

Play our *Stay Driven* audio CD over the morning announcements and/or encourage students to log on to our websites:

www.iamdo.ca - Music based site with links to videos and music

www.mybullyblog.com - Anti-bullying strategies

After the show

Sometimes students will ask me to sign autographs following a performance.

I am available to sign autographs unless I have another engagement that I have to leave for.

I leave the decision to sign autographs up to the principal/teacher – I recognize that sometimes it is a busy school day so it makes signing difficult!

I can also sign a few autographs that can be photocopied and distributed.

Introduction

How should we introduce D.O.?

Duane Gibson aka D.O. is a Guinness World Record setting rapper and University graduate that has been inspiring hundreds of thousands of youth since 2001.

He's had several videos play in rotation on Muchmusic and he has performed in Taiwan, Japan, England, France, Las Vegas and Miami.

D.O. is here to tell us ways to Stay Driven and to let us know that "Can't Nobody Hold Me Down."

Tip: Have a student introduce D.O. and provide them with this info so they can come up with their own introduction.



B) Follow-up Material

We suggest that you follow up our message with exercises that take between 15-45 minutes. Here are a few suggestions:

1. H.O.L.L.A. bullying program (can also be used for Stand Up program)
2. In the Zone freestyle exercise
3. Lyrical Analysis
4. I Stand Up Lyrics

1. H.O.L.L.A. bullying program

H – Help
O – Outlet
L - Lead
L - Leave
A - Assert

Pick a letter out of the H.O.L.L.A. acronym and write about a time that you have used that skill to get you out of problem using a positive solution.

Example: **Help** – One time I was being bullied and I went to my teacher for help. This worked because the teacher took care of the problem and didn't tell the bully that I was the one that told. This made me feel good because the bullying stopped.

Encourage students to read their response to their class and/or select one that illustrates the best example of following the principle and submit to office for a chance to win a prize.

Encourage students to email their responses to info@staydriven.com to have their response posted on our website.

Follow Thru material continued...

2. In the Zone literacy program

Freestyle exercise

Encourage students to write continuously for 15-30 minutes. Do not allow breaks. The goal is for students to write with stream of conscious and to work their way thru any writers' block. Students may write on any topic (or you may select one if applicable).

Tip: You may want to encourage students to write in the form of a rap or poem as an advanced exercise.

After writing time is complete, encourage students to read over their stories and then begin a discussion with students asking questions such as:

- After the first five minutes, did you find it easier to write? Or harder?
 - Did ideas come to you or did you run out of ideas?
 - Did you stick to one theme or did your story change into a different story by the end?
 - When you read your story, which part did you like better – the beginning or the end?
 - Did you get “in the zone”? Did your writing get better when you got “in the zone”?
 - Do you think that “freestyle” writing can help you writing stories?
- Assignments?

Follow Thru material continued...

3. Lyrical Analysis

In the H.O.L.L.A. presentation D.O. will perform his "First Rap Song."

Have a student perform the rap in class and discuss.

Here are sample discussion questions:

- Why would D.O. call himself the rap Michael Jordan if Michael Jordan is not a rapper?
- D.O. gained confidence thru rapping. What is a hobby you can pursue that will help you gain confidence?

D.O.

"My First Rap"

My names Duane, I'm far from lame
Whether basketball, or Sega Genesis I win all games
I'm new at school, they don't understand
But when the mic's in my hand? I'm the man!
Things aren't going good but I got no fear
Cause in a couple years I'll be out of here
Long as I keep going I'll keep on scorin'
One day I'm going to be the rap Michael Jordan!

4. Lyrics to "I Stand Up"

I Stand Up
I Stand Tall
I Stay Driven
And if I fall

Then
I Stand Up
I Stand Tall
I Stay Driven
And if I fall

I Stand Up (HEY!) X 4

I Stand Up (Yeah!) X 4

And we won't stop, cause we can't stop,
They might try to knock us down but we get up!

They used to tell me stop dreamin'
You can't do that you from a small town
And I used to believe them
Walkin with my head down to the ground
But I kept daydreamin not Chris Brown but I'm like
"Look at me now!"
You better believe it, that can't nobody hold me down
That goes for the bullies that tried to pull me,
Look who pulled ya card
Picture that, they was trying to hold us back
But we Defy the Odds
Doesn't matter what you goin say,
Doesn't matter what you gon do
You can't defeat me so when see me know

"I Stand Up" lyrics continued

CHORUS

So you gotta stand up on your own two
No matter what you goin through
Look them in the eye and be like
"What you goin do?"
Doesn't matter what you are goin thru
Switch up ya style like Clark in the phone booth
With an "S" on your chest
If you misstep then slide like Gretzky
And keep it fresh like the prince of Bel-Air
If they dare

Chorus