

High Frequency Playlist
presented by
Hope Scholars Initiative



Promote Emotional Expression:

Encourage youth to explore and express their emotions through music that resonates positively.



Encourage Positive Messaging:

Reinforce resilience, self-worth, and perseverance through uplifting lyrics and themes.



Foster Self-Reflection & Healing:

Provide a space for youth to process their experiences, recognize their strengths, and envision a positive future through music.

LISTEN HERE



Question Prompts for Facilitators:

1. Lyric Analysis: What do you think the artist is trying to convey with these lyrics? How do these messages relate to your own experiences?

2. Emotional Response: How does this song make you feel? Can you identify any specific emotions or memories it brings up?

3. Positive Music Creation: If you were to create a song inspired by the positivity in this playlist, what message would you want to share with others?

4. Drill Music and Positivity: Drill music is often associated with street life and survival. How can artists keep the energy and style of drill while delivering a positive message?

5. Self-Reflection: What have you learned about yourself through listening to these songs? How can you apply these lessons to your own life?

6. Trauma and Healing: Music can be a tool for healing. Have you ever heard a song that helped you process pain or a tough situation? How can music help you move forward and grow?