



Help! I'm Alive

DISCUSSION QUESTIONS

A powerfully emotional story of four people touched by a teen's death, award-winning author Gurjinder Basran's *Help! I'm Alive* is a clear-eyed exploration of meaningful connection in the modern era.

Unflinching but life-affirming, *Help! I'm Alive* is a Gen Z and Gen X coming-to-terms story about loneliness and connection, love and suffering, and the moments that bring us together and drive us apart.

1 Why do you think the author chose to have multiple narrators? How did that change your reading experience? How did the story change by including an adult voice along with the three young people?

2 Do you think grieving is harder in the digital era? Why or why not?

3 Did reading Jay's diary entries give you a new sense of him as a person?

4 Why do you think Anik's walk resonated with people online? What did it offer Winona, Ash and Rose? Does it appeal to you?

5 What do you think benefited Anik more: the walk itself or meeting Rose?

6 At the baby shower, Pavan tells another mother her son will break her heart. Do you think that's true? Is heartbreak an inevitable part of parenting?

7

Do you think Pavan's forgery offered consolation to Jay's mom? Or is she interfering too much?

8

When she's making her TV installation, Winona asks, "Was it enough for it to exist without a purpose, and if it was, could that be true for people too?" What do you think? Do any of the characters find a purpose?

9

Why is Ash so invested in saving the whale? What do you think it means to him?

10

Why do you think the author ended the book on a moment of natural beauty?

11

While much of *Help! I'm Alive* focuses on difficult experiences, was there anything you found hopeful?