

# Discussion Questions

## *"Darius the Great is Not Okay"* by Adib Khorram

- The title of the book informs us that, in fact, Darius the Great Is Not Okay. This theme of being okay or not shows up multiple times in the text, as well: Darius notes that his dad never says, "Hi Darius, but is everything okay?" (11) What does it mean to be okay/not okay, and how does this dichotomy affect other aspects of Darius' life, such as his relationship with his father?
- How might the realization that "it's okay not to be okay" be potentially empowering and liberating (286)?
- How do Darius' different communities (his immediate family and relatives in Iran) view depression and forms of mental health treatment, such as Darius' medication?
- How is Darius affected by comments from others encouraging him to be more determined or disciplined in order to improve his mental health? (Feel free to also consider the side effects of Darius' antidepressant medication.)
- How might seeing mental health struggles as a matter of "discipline" be inaccurate and hurtful to people with mental health conditions?
- How does Darius grapple with gender norms throughout the book? Have gender norms played into your own upbringing or impacted your mental health?
- Darius and his father both have been diagnosed with depression. From Darius' perspective, how do their respective experiences with depression differ?
- How does Darius' perception of his father change throughout the book? What are some key moments in their relationship?
- Do you consider this book to be a helpful or harmful representation of mental health?