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DISCUSSION GUIDE

Introduction

Girls Inc. is pleased to partner with NBC-Universal for the September 2026 release of DreamWorks Animation's "Forgotten Island." This guide was created to foster conversation around some of the film's major themes, including friendship; coming of age/growing up; memories; family and community; and culture and stories. It also provides an opportunity to make connections with Girls Inc.'s mission of inspiring all girls to be strong, smart, and bold.

This guide is meant to be a launchpad to start the conversation. Questions are grouped by theme and designed to be easily adjusted for different age groups.

"Forgotten Island" is rated PG (Parental Guidance Suggested). According to the official MPA rating bulletin, the film received this rating for: Animated sequences of scary action; Thematic elements and some violence; Rude humor and mild language; Brief tobacco imagery (associated with mythological creatures like the tree-dwelling Kapre).

About "Forgotten Island"

"Forgotten Island" tells the story of two girls, Jo and Raissa, life-long friends growing up together in the Philippines. While celebrating their high school graduation and last night together, Jo and Raissa stumble upon a mysterious portal that transports them to the fantastical island of Nakali, packed with magical and mythological creatures they grew up hearing stories about from their Filipino families. Jo and Raissa must face The Dreaded Manananggal, the most feared creature on the island. When they discover that the memories of their entire friendship are the price for returning home, Jo and Raissa will race to find a way to leave the island before they forget each other forever.



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Suggested Questions for Facilitated Discussions

- **Friendship**

- Jo and Raissa have lots of little and big ways that they show support for each other. What are some examples of this in the movie? What are some ways you and your friends show support for each other?
- Jo and Raissa sometimes get frustrated with each other or have disagreements. When is it normal to disagree with a friend, and when might it be a problem?
- Jo and Raissa are very different people: Jo is outgoing and spontaneous, while Raissa is quieter and more studious. What do you think has kept them together as friends, even when they're so different? How did they each help each other grow throughout the movie? Can you think of a friend who has a different personality from you, but has also helped you grow or learn something?

- **Coming of Age/Growing Up**

- We first see Jo and Raissa when they were little, and the movie ends after they've graduated high school. In what ways did you see them change, and in what ways did they stay the same?
- Jo and Raissa each faced challenges growing up: losing loved ones, peer influence, and the pressures of school. What do you think helped them overcome these challenges?
- As Jo and Raissa get older, their paths start to pull them in different directions. How do you see them stay true to their own dreams while still keeping their bond?
- The story is set in the 1990s, when technology was much more limited than it is today. How did you see that impact Jo and Raissa growing up?

- **Memories**

- Jo and Raissa's charm bracelets are incredibly valuable to them. Why do you think that is?
- A lot of characters in the movie are influenced by their memories. What examples do you see of this? Do you think this is true in real life?
- The Dreaded Manananggal went from causing a lot of harm in Nakali to being peaceful when she got her memories back. Why do you think that is? What can this teach us in real life?
- One of the Kapre says, "No matter how far apart we are, we'll always be together—because we remember." What does this mean to you?



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- **Family and Community**

- Our families and community play a big role in shaping our lives. In which moments was that hard for Jo and Raissa? When was it helpful?
- Jo and Raissa's family and community sometimes had different expectations for them than they had for themselves. When did you see that happen, and how did they resolve it?
- Raww mentions that visitors to Nakali hardly ever stop to actually talk to him and get to know him. Why do you think that is, and what can it teach us in our lives?
- Jo and Raissa were both very independent, but in the end they needed to work together (and with the other Nakali characters) to defeat The Dreaded Manananggal and make it out of Nakali. What do you think that shows us about community?

- **Culture and Stories**

- The story of Forgotten Island is based on Filipino mythology, folklore, and legends. Many cultures have their own stories like these. Which ones have you heard in your culture(s)?
- Jo learned the stories of Nakali from her grandmother. Who are the people in your family or community that teach you different traditions or beliefs?
- The film was co-written by and directed by Januel P. Mercado and features many voice actors and talent who are Filipino-American. He shared that he wrote the movie as a "love letter" to Filipino families. What do you think he meant by this? Why might it be important for people to see their culture reflected in movies or other media?

- **Gender Norms and Stereotypes**

- Consider the Girls Inc. [Girls' Bill of Rights](#). Where do you see Jo and Raissa demonstrating these rights?
- In many films featuring girls or women, a crush or love interest is often a big part of the story. What was it like to watch a film without that? Did you notice that it was missing? Why do you think the writers might have chosen not to include a romantic storyline?
- When they talk about Raissa going to school in the U.S, her family immediately gets excited about the idea of her marrying a celebrity. Meanwhile, Raissa is focused on her dream of working for NASA. If Raissa were a boy, do you think this moment would have gone differently? What does this moment show us about gender norms and stereotypes? How does Raissa work against gender stereotypes?

DREAMWORKS FORGOTTEN ISLAND

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Other Resources

- Want more activities after the movie? Check out forgottenislandmovie.com/#activity-kit
- Curious about Filipino Folklore? Check out “Tagalog Time with Pat” on YouTube for child-friendly folklore stories, read aloud
- For a youth-facing resource identifying unhealthy relationships (also applicable to friendships), see the One Love Foundation’s [10 Signs of an Unhealthy Relationship](#)

