Below is a list of themes that are evident in the film 'Remember the Titans'. This list was created by Year 11 students during a tutorial session – feel free to add your own:

- The power of sport in overcoming prejudice
- Racism can divide a community
- Need for society to accept change in order to evolve
- Need to accept our differences in order to become better people
- Overcoming racial prejudice to improve society
- Sacrifice is needed to overcome prejudice
- Personal sacrifice is needed for any team to be successful
- Destructive nature of prejudice
- Prejudice will lead to violence
- Racism will divide a community
- Sacrifice is needed to change society
- Good leaders require sacrifice
- Changing your beliefs requires self-sacrifice
- Respect can overcome prejudice
- The power of change can free people from oppression

“In Virginia, High School Football is a way of life – it’s bigger than Christmas Day. My Daddy coached in Alexandria. He worked so hard my Momma left him, but I stayed with Coach – he needed me on that field. Up until 1971 in Alexandria, there was no race mixing, then the school board forced us to integrate. They combined the white school and the black school into one called T.C. Williams High School. That summer a black teenager was killed by a white storeowner and the city was on the verge of exploding” – Sheryl Yoast

“People say it can’t work, black and white. Well, here we make it work everyday. We have our disagreements, of course, but before we reach for hate, we remember the Titans” – Sheryl Yoast