

October 13, 2010
D-Group Discussion Guide:

Which student do you identify with the most and why?

- The Outcast student - *Eric and Lisa* - **Go to #1 questions**
- The Bystander student (non active) - *Darrin* - **Go to #2 questions**
- The Bystander student (active) – *Brandy & Lisa* - **Go to #2 questions**
- The Bully student – *Emily & Billy* - **Go to #3 questions**
- The Suicidal student – *Eric & Lisa* - **Talk to D-group leader, parent, youth staff, and/or counselor NOW. Question #4**

#1 Outcast student – Eric & Lisa

Questions:

- When did you begin to feel like you did not fit in? What happened?
- What did someone say? How did that make you feel?
- What do you think God would say to you about this?
- What should you do when you feel like you just can't go to school another day?
- Do your parents know how you feel? ...your D-group leader? ...your youth leaders?

Bible verses to read:

- *Genesis 1:26-27 ("His image...")
- *Psalm 139:1-14 - "I praise You, for I am fearfully and wonderfully made"
- *1 Samuel 16:7 (God looks at the heart)
- *Proverbs 3:21-24
- Isaiah 51:7 (MSG)
- Romans 8:35-37

#2 Bystander students– Darrin, Lisa, & Brandi

Questions:

- What could Darrin have done different to help his friend Eric?
- Why do you think that Darrin did nothing?
- Why didn't Darrin, Emily, or Lisa tell adults the whole truth about what was going on?
- Lisa was afraid to tell the investigator anything because "the popular girls will hate me." Have you ever been afraid to stand up for someone because you thought you'd be hated or mistreated?
- Is there situation at your school or church where you need to stop being a bystander and do something to help? *You can make a difference in a hurting life.*
- What should you do if you see that your friend is in trouble?

First: try to get your friend to go with you to their parent, teacher, counselor, or youth director. If they won't go, you need to tell a trustworthy, caring adult who can and will help.

Second: pray with and for your friend and their situation. Ecclesiastes 4:9-

12.

*Third: stand up for your friend when others are cruel. Matthew 5:9.
Forth: follow up. Problems like this usually do not go away with one conversation or in one day. They will need your support and care for a long time.
Have you ever hurt someone you cared about?
Forgive yourself and ask God and the person you hurt for forgiveness*

Bible verses:

- "Anyone who knows the good he ought to do and does not do it sins" James 4:17
- "He who is not with me is against me, he who does not gather with me scatters." Matthew 12:30.
- "Greater love has no man than this that he lay down his life for his friends." John 15:13
- "Blessed are the peacemakers, for they will be called sons of God." Matthew 5:9.
- "Two are better than one, because he has a greater return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken." Ecclesiastes 4:9-12.
- "Good Samaritan" Luke 10:25-37
- Matthew 25:37-40
- James 2:12-13

#3 Bully student – Billy, Emily

Questions:

- Why do you think that you have acted unkind toward other people?
- Did you feel bad about it before now?
- Is there hurt or experience that is a factor in why you treat others this way?
- If yes, describe what happened.
- Do you think that your words and actions could effect someone like the kids in the video effected Eric?
- Emily stated that "We never meant for it to get this bad." Have you ever had a situation get out of control or go farther than you intended? How?
- What should you do about those you may have hurt in the past?
- 1. *Ask God for forgiveness (Psalm 51)*
- 2. *Go to them and ask their forgiveness.*
- 3. *Forgive yourself and start treating everyone with love. (Matthew 22:37-38)*

Bible verses:

"Do not judge, or you will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to

you.” Matthew 7:1.

James chapter 3, “Tame the tongue”

Matthew 25:37-40

James 2:12-13

#4 **Suicidal/Hurting student – Eric**

Have you ever had thoughts of hurting yourself?

Have you ever made any attempt to hurt yourself?

Bible verses:

Jeremiah 29:11-God has a specific plan for your life and he knows right where you are! Psalm 139:13-16—God created you and knew every day of your life before you were even born! He knows you better than anyone ever could!

If you are now or have ever had thoughts of hurting yourself, TALK WITH SOMEONE NOW! Adolescence is such a confusing time since your body is making changes that you've never experienced before. Your school is giving you responsibility you've never known. Your friends are applying pressure they've never applied before... and they're experiencing the same rush of confusing thoughts and emotions that you are. It is normal to have doubts, questions, insecurities and just plain rotten days! It is not normal to want to end your life. You do not have to experience these thoughts, feelings and emotions by yourself. Ask your friends, parents, D-Group leader, youth minister or school counselor to go with you to get help.

Other people you can call:

Mark Simpson (Christ UMC Counselor) 601-956-6974

Your School Counselor, Your Youth Minister, Your School Teacher, or Coach.

Recommended Books:

Odd Girl Out: The Hidden Culture of Aggression in Girls by

Rachel Simmons

Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and Other Realities of Adolescence by Rosalind Wiseman

Girl Wars : 12 Strategies That Will End Female Bullying by Cheryl

Dellasega & Charisse Nixon

The Bully, the Bullied, and the Bystander: From Preschool to High

School--How Parents and Teachers Can Help Break the Cycle of

Violence by [Barbara Coloroso](#)

Recommended Websites:

http://www.no-bully.com/middle_school.html

<http://www.thebigbully.com/>

<http://www.cnn.com/video/data/2.0/video/us/2010/10/04/>

[seg.hirsch.bullying.project.cnn.html](http://www.hirsch.bullying.project.cnn.html)

http://www.ago.state.ms.us/index.php/press/releases/attorney_general

[and state superintendent target bullying in fear stops her/](http://www.fearstopshere.com/)

<http://www.fearstopshere.com/>

<http://www.girlshealth.gov/bullying/whatis/index.cfm>

<http://www.girlshealth.gov/bullying/whatis/boysbullying.cfm>

<http://www.girlshealth.gov/bullying/stopping/seeing.cfm>

Wise Words From a Concerned Parent:

“After the attempted suicide as the child is lying on the stretcher, he tells his Mom that "I never want to go back to that school". Her reply is that he definitely will not be. We need to get across to the kids that it does not have to take a desperate act to get what you need. The scene almost comes across to me like the child gets what he needs because he went to such extreme measures and that all of his subtle cries for help were mishandled, so he "had" to do something desperate to be really heard. His suicide attempt is in effect "rewarded". Kids need to be taught that communication is the key. They do not have to keep everything inside ; in fact, it is healthy to express feelings to family and trusted friends. Chances are good that someone else feels or has felt the same way. Things have to be expressed to be dealt with.”

National Association on Mental Illness:

<http://www.nami.org/Template.cfm?Template=/ContentManagement/>

[HTMLDisplay.cfm&ContentID=4364&Istid=274](http://www.nami.org/Template.cfm?Template=/ContentManagement/HTMLDisplay.cfm&ContentID=4364&Istid=274)

Some common symptoms of these disorders (signs of suicide) include:

- Extreme personality changes
- Loss of interest in activities that used to be enjoyable
- Significant loss or gain in appetite
- Difficulty falling asleep or wanting to sleep all day
- Fatigue or loss of energy
- Feelings of worthlessness or guilt
- Withdrawal from family and friends
- Neglect of personal appearance or hygiene
- Sadness, irritability, or indifference
- Having trouble concentrating
- Extreme anxiety or panic
- Drug or alcohol use or abuse
- Aggressive, destructive, or defiant behavior
- Poor school performance
- Hallucinations or unusual beliefs