

Module 1: The Best Defense Against Suicide

1. What did your parents do (if they did) that helped build a strong relationship with you while you were growing up?
2. How would you explain the difference between rules and discipline to your kids?
3. How do you decide which behaviors to focus on when your teen has so many areas that you think need training and discipline?
4. What's the difference between supporting your children and teaching or preaching to your kid what's right?
5. How do you support without coddling your child?
6. What do you do to provide that right balance of structure and nurture for your child?
7. What are you doing regularly to model healthy self-care for your kids?
8. How can you engage with God, the Bible, and your church to be more supportive of your child?
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