

## Module 2: Things That May Make Your Children Vulnerable to Suicide

1. If you were hurt growing up, how were you hurt?
2. What significant losses has your family encountered? How did you help your children process their grief?
3. What action steps have you put into place (if any) to help your kids deal with bullying?
4. When kids do something to get off track in life and maybe even hurt themselves, what do you think got them there?
5. How do you model healthy conflict and healthy conflict resolution?
6. What are ways you verbally affirm your kids?
7. What are practical phrases you can teach your kids when they're confronted with a bullying situation? Why do you think these phrases may help?
8. Though difficult to admit, most of us allow ourselves to be exposed to worldly values way too often, especially through the various sorts of media (such as television, the internet, social media, etc.) If you had the discipline to pull it off, what practical limitations might you put in place to help you more easily pursue your deeply held Christian values?
9. Is it difficult for you to express grief? Why would it be a good thing for your kids to see your grief?