

Parent and Child Discussion Guide

JJ LEARNS JIU JITSU

A Bullied Boy
Discovers His
Inner Voice
And Strength



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Introduction

The purpose of this discussion guide is to start a conversation between parents and children around the topic of bullying, and to share their experiences either being bullied or witnessing bullying. It is also designed so you and your child can create and implement a strategy to address bullying if and when it occurs.

A few suggestions

As your children share their stories, allow them to share their story, emotions and feedback fully without providing solutions and answers for them. This guide is designed to begin the conversation, provide strategies and tools to address bullying, then have you and your child create a plan together. This creates a higher sense of empowerment in children to know they are part of the plan.

This is a tough and emotional topic and children will share and respond in all different kinds of ways. Allow your child the space and ability to share and respond however they see fit.

*Pay attention to any recurring themes, feelings and emotions as your child answers the questions.

Questions

Questions for your child about the book

What did you learn about JJ in this book? How do you think JJ feels when he is at home? How do you think JJ feels when he is at school? Why do you think JJ was a target for bullies? How do you think the bullying made JJ feel?

What are some things you could do to help JJ? What would you say to JJ? What would you do for JJ? How would you act around JJ?

What are some things JJ could have done to protect himself from bullying?

How did JJ begin to feel once he started training jiu jitsu?

How do you think jiu jitsu helped JJ to protect himself from bullies? What changes do you observe in JJ after he begins training jiu jitsu?

What do you know about jiu jitsu? Have you ever tried jiu jitsu or any other martial arts?

Questions for your child about bullying

What do you think bullying is? Have you ever personally experienced bullying? If so, who bullied you? What happened? Was the bullying verbal, emotional, physical, online, or a combination? How did this make you feel? How did you respond to this bullying? What was the outcome? Did you discuss this with anybody? What advice did they give you? Did you implement this advice? What was the outcome if so?

Have you ever witnessed anybody else being bullied? If so, what happened? Who was bullied and who bullied them? How did the person being bullied respond? How do you think they felt? How did you feel? Did you intervene, observe, tell somebody?

After your child answers these questions, allow them to ask you the same questions so they can hear your experiences and observations.

Notes

Exercises

Exercise 1

The objective of this exercise is for you and your child to define and understand bullying in its different forms.

Review the following definitions with your child.

Definition of bullying: The American Psychological Association defines bullying as a form of aggressive behavior in which someone intentionally and repeatedly causes another person injury or discomfort.

Types:

- Verbal: Name calling, aggressive shouting, threatening
- Emotional/psychological: Excluding, shaming, rumors
- Physical: Pushing, punching, kicking, assaulting, unwanted physical contact
- Online: A combination of verbal, emotional and psychological bullying using social media and other online communication tools

Have your child share examples of each of these types of bullying, ensuring they understand the differences.

Exercise 2

The objective of this exercise is for you to define and discuss boundaries with your child, and to empower your child to create boundaries with others.

Notes: A child becomes a victim of bullying when a boundary isn't clearly established and/or when an established boundary is crossed by someone else.

First, ask your child what they think a boundary is.

Definition of boundary: A line that marks the definition of an area.

Boundaries in relationships with others help define how you want to be treated and what is ok and not ok.

Now ask your child to give an example of what a current boundary is that they have with someone in their life.

Talk together about how to create boundaries for the different types of bullying (from exercise 1).

Ask your child to share about a time they were bullied: Were proper boundaries in place? Was a boundary crossed? If not, how would a boundary have changed that situation? What does setting an effective boundary look like moving forward?

Exercise 3

The objective of this exercise is to help your child understand how they can help another child who is being bullied.

Define intervention: The act of interfering with the outcome of an event.

Discuss the definition of intervention with your child, as well as direct and indirect ways they can intervene in a bullying situation.

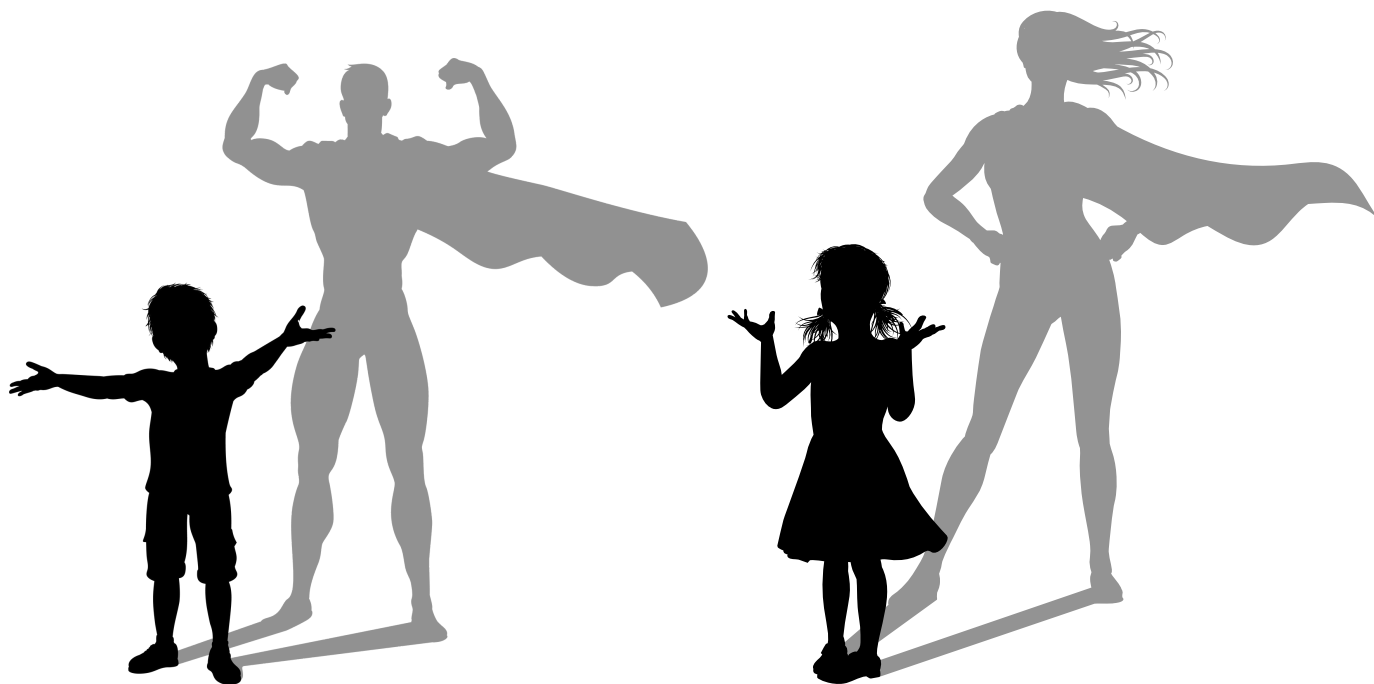
Examples of direct intervention:

- Verbal
- Physical

Examples of indirect intervention:

- Involve others
- Report the actions

Now discuss with your child how they can support someone being bullied.



Thank you for downloading this discussion guide and working through these exercises with your child! Keep in mind that this tool is meant to begin a conversation between you and your child. We encourage you to keep this conversation going over time.

We will continue to update this guide with more activities and exercises, so please check back to the webpage where you downloaded this guide for the most updated version.

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