

Group Discussion Guide

The Bully Vaccine

Questions and conversation starters.

- 1) Have you ever been bullied?
 - a. Were you a bully?
- 2) How has bullying impacted your life?
- 3) What, if anything were you taught about bullying that actually worked?
- 4) Why do you think bullies bully?
- 5) Have you ever used the techniques taught in this book?
 - a. Did they work? Did they backfire?
- 6) Have you ever stood up to a bully?
 - a. How did it feel?
- 7) How do you help yourself to feel less fearful about other people?
- 8) Have you ever sought the help of a professional psychologist?
 - a. Did it help?
- 9) Why is sexual and gender related bullying so damaging?
- 10) Do awareness programs help? Or make things worse?

These questions are a discussion guide for *The Bully Vaccine* by Jennifer Hancock
<http://thebullyvaccine.com/>