

REALTALK DISCUSSION QUESTIONS (RDQs)

Directions:

- Select one of the 7 C's and use the questions to facilitate a REALTALK group.

COMPETENCE

What adjectives or characteristics would you use to describe a bully? Considering these adjectives or characteristics, would any of your past or present friends say you possess these qualities? Why or why not?

CONFIDENCE

In what ways have you helped a friend overcome a bully? How did your efforts to help your friend make you feel? How did your friend respond to your help?

CONNECTION

A teen is being picked on by others. If this really bothered you and you were not a close friend to this person, what steps would you take to make sure they felt appreciated and accepted?

CHARACTER

Would you consider yourself to be an upstander or a bystander when someone you know well is being bullied? Give an example of a time when you were an upstander for someone.

CONTRIBUTION

What ways has your school or any other school you have attend addressed bullying? Did their plans improve the issue? If not, what would you have done differently to help the student body understand that kindness and acceptance is a better choice?

COPING

A friend of yours is being bullied on one or more of their social media platforms. How could you intervene and help this friend?

CONTROL

A friend of yours is being bullied regularly by another youth. You have tried to help, but your efforts are not working. Who would you reach out to for advice on how to help your friend? How has this person helped you in the past?

