

STUMMIN

SMALL GROUP
LEADER GUIDE

MIDDLE
SCHOOL
FOCUS

LET'S TALK ABOUT... BULLYING

JANUARY 18, 2023

Week 2 of a 2-week
series about Important
Conversations

BOTTOM LINE

See the value in everyone.

SCRIPTURE

*For we are God's masterpiece.
He has created us anew in
Christ Jesus, so we can do the
good things he planned for us
long ago.*

Ephesians 2:10 NLT

*If it is possible,
as far as it depends on you,
live at peace with everyone.*

Romans 12:18 NIV

GOALS OF SMALL GROUP

To encourage students to
recognize where they have
played a role in bullying
and to challenge them to
take a step toward treating
themselves and others with
value

>> BEFORE GROUP

THINK ABOUT THIS: Because middle schoolers are still developing self-awareness, they may struggle to recognize or admit the roles they've played in a bullying scenario. Be patient as they think through and process their own experiences here—maybe for the first time! While you may be able to see how a student has been bullied or been THE bully, they may not be able to see or acknowledge that yet, and that's okay! This conversation is the beginning of that process for many of your students. Be sensitive to students who may open up about bullying they're experiencing at home, at school, online, or elsewhere. You are in the position to be their safe space and advocate to get the help they need. This is a great week to follow up individually with every student in your group, no matter what they share or don't share during this conversation. This will give every student a chance to open up to you in a one-on-one way about their experiences, fears, or questions.

>> DURING GROUP

This guide is a suggestion, not a formula. Adjust the questions and activities as needed, and don't feel like you need to do, or ask, everything you see here.

DISCUSS THIS:

- What comes to mind when you hear the word "bullying"?
- On a scale of 1-10, how often do you think middle schoolers are: The bully? The bullied? The bystander?

DO THIS:

Read the provided case study to your group. While you read, ask your students to think about the different roles in a bullying situation. When you're finished reading, ask your group to answer these questions:

- Who is the bully?
- Who is being bullied?
- How do you know that person is being bullied?
- Who is the bystander?
- What's one helpful thing each person should say or do in this situation?

DISCUSS THIS:

- What makes something a masterpiece?
- How does knowing that you are God's masterpiece change things for you?
- How does knowing that others are God's masterpiece change things for you?
- What's one thing you want to remember from today's message?
- Where did you see God in this conversation today?

STUMMIN

SMALL GROUP
LEADER GUIDE

HIGH
SCHOOL
FOCUS

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>> BEFORE GROUP

THINK ABOUT THIS: This week's conversation has the potential to be heavy for many, as bullying is a very real part of the high school phase. Be sensitive as students process their own experiences and the roles they've played in bullying, both now and in the past. Remind your students that this is a safe space to share and be quick to follow up individually with students outside of your group. This will give many of them a chance to share one-on-one with you and allow you to help them take the best next steps to get help and make a change no matter what role they're playing when it comes to bullying.

>> DURING GROUP

Create meaningful conversations. Adjust the questions as needed and ask thoughtful follow-up questions as the conversation unfolds. Don't feel like you need to answer every question.

DISCUSS THIS:

- On a scale of 1 to 10, how common do you think bullying is in our world today? Why do you think that is?
- What are some common places you've seen bullying happen?
- Have you ever felt devalued by someone else? If you're comfortable sharing, tell us about it.
- What's the difference between devaluing someone with your behavior and bullying someone?
- What's one way you can respect or honor someone else's value with your actions?
- In light of everything we've talked about today, what's one new way you can respect and honor your own value?

TRY THIS:

Ask for a volunteer to tell about a bullying situation they have experienced or witnessed. They should leave out real names as appropriate. While the volunteer is sharing, ask the rest of the group to think about the different roles in a bullying situation. Then ask your group to answer these questions:

- Who is the bully?
- Who is being bullied?
- How do you know that person is being bullied?
- Who is/are the bystander(s)?
- What's one helpful thing each person could have said or done in this situation?

>> AFTER GROUP

Due to the heavy nature of this week's topic, take an extra step this week to remind the students in your group that they are not alone. Send individual text messages encouraging them to reach out to you if they want to talk more or need extra support.