

## Discussion Questions and Comments for Bullied

- If you or someone you know is contemplating suicide, don't hesitate to reach out for help. Call or text 988 to talk with someone about your situation.
- If you want someone to pray with you, call the National Prayer Center Prayer Line at (800) 477-2937.
- What do you think bullying is?
  - Bullying can be physical, verbal, and/or emotional. It can be in person or online.
- Have you ever been bullied?
  - If so, how did it make you feel?
- Why do you think Kati bullied Alexis so much?
- Why do you think Alexis tried to kill herself?
- Do you think Alexis should have let her parents know about the bullying sooner?

## Discussion Questions and Comments for Bullied-Cont'd

- Shock. Sadness. Despair. Anger. Alexis experienced a range of emotions throughout this story. What do you do when you have these feelings?
  - Do you think the way you handle them is helpful or hurtful?
- Do you think Alexis is right or wrong in her plans for revenge?
  - Read Romans 12:19, Proverbs 24:29, Ephesians 4:31-32, and Proverbs 20:22 to find out what the Bible says about this.

Don't be afraid to ask for help. Alexis tried to hide her feelings and didn't speak up about Kati's actions right away. It is recommended that you tell your parents or a trusted adult first. They can help you navigate the rest of the contacts you need to make. Those contacts are your school, the digital media platforms on which you were bullied, and law enforcement, if needed.

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The world is full of hurt. That's easy to see. Many people try to cope with their hurt in various ways. Drinking alcohol to try to numb their feelings, taking drugs, becoming workaholics, or getting into toxic relationships. None of those things will truly address the problem. It only puts off those feelings and makes the situation worse. True freedom and healing come from accepting Jesus as your Savior. Jesus calls all people who are hurting to come to Him (Matthew 11:28). Other notable verses, such as Psalm 34:18, Psalm 147:3, and Isaiah 61:1, also demonstrate God's desire to make us whole again.

Alexis felt betrayed by everyone, including Lara. It's important to remember that even Jesus had people betray Him. One of His friends literally handed Him over to His enemies. His other friends distanced themselves from him physically or by denying they knew Jesus. He knows how it feels. Talk to Him. He can give you the peace and healing you need.

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You may have heard the phrase “Hurt people hurt people”. Basically, if someone has been abused or mistreated, they’ll likely do the same thing to the person hurting them or people who had nothing to do with it. As you’ll find out in the next episode of The Bullying Triangle, there’s more to Kati’s actions than is immediately apparent. Regardless of why Kati did what she did, Alexis has a choice on whether to continue the vicious cycle of bullying. Harboring resentment and hurt does nothing to make us feel better. It’s better to turn that pain over to Jesus.

Forgiveness is something that doesn’t come easy. It can be hard to forgive those who have wronged us. However, forgiveness is possible. If you read Genesis chapters 37, 39 - 45, you’ll find the story of a man named Joseph. He was hated and ridiculed by his brothers. They plotted to kill him. They changed their minds and sold Joseph as a slave instead. In Egypt, Joseph then gained a good reputation with his master and was entrusted with

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running his whole household. His master's wife then lied about Joseph, saying he tried to attack her sexually. Joseph was sent to prison. However, God miraculously rescued Joseph from there and made him the second most powerful ruler in Egypt. Through a series of miraculous events, Joseph was reunited with his brothers. He had every opportunity to take revenge against them. However, he chose to forgive them and show them mercy. How was Joseph able to do this? It's only by God's power that Joseph and we can turn hate towards our enemies into love (Romans 12:20-21).