



## DISCUSSION GUIDE

1. What are your top three goals for your children? How do you communicate them on a regular basis?
2. What do you hope your child(ren) gains from playing sports? How have you communicated those goals to them?
3. What are the three biggest lessons you learned from reading *Bullying in Sports*? How do you plan in integrating them into your own personal life?
4. Do you agree with Coach Randy's assessment about the bullying culture that occurs within sports? Why or Why not?
5. Has your perspective on bullying in sports changed since reading this book? If so, how?
6. Have you, or your player(s) ever experienced bullying in sports? If so, how? What lessons were learned following that situation?
7. If you are a parent that also coaches, what are your plans moving forward? How will you implement the various lessons taught? What obstacles might you face? What is your plan to overcome those challenges?
8. What thoughts do you now have about approaching the Bully Coach or a Bully Parent? How will you teach your player to learn how to advocate for him/herself?
9. What are your plans about discussing this issue with your player(s)? How will you handle their dismissive attitude and refocus your agenda?
10. How will you encourage your player(s) to be an Upstander? How will you keep abreast of their efforts in sports?
11. How willing are you to remove the emotions from being a spectator and allow yourself to simply be a fan and enjoy watching the game?
12. How can you bring this issue up with the current coach of your player's team? What will you do to over come the challenges?

FOR PARENTS