

Tips for the adult discussion leader:

Listen more than you talk: The most beautiful thing you can do for a grieving teenager is to be a good listener. They may need to share the same stories over and over again. Provide a safe place for them to do that. Effective listening requires that helpful advice remains unspoken until the student wants input and is ready for advice. Preaching about God's sovereignty or reminding teenagers that "things happen for the best" is *not* recommended and may be perceived as insensitive.

Don't place judgment on the students' feelings. Some will be very angry, some will be depressed and others may be indifferent. Don't offer counseling or make judgments on their emotions – just listen to them and encourage them to speak their heart. The purpose here is *not* to fix or correct their feelings, it's just to listen. Their emotions are not wrong, they just are.

Don't be afraid of silence. Don't feel a need to fill in moments of silence with your own interpretations or as a queue to quickly move on to the next question. This is often the time when students are processing their thoughts or trying to figure out how to verbalize their emotions. Give them time to think and break the silence when they're ready to do so. Only move on to the next question when you feel the current one has been exhausted.

Questions for after the video clip:

1. What are you feeling now about the school shootings at Virginia Tech?
2. *Allow students time to answer this question, then read through the following list of emotions and encourage them to share about how they might be experiencing each one of them:*
 - Shock or disbelief – I can't believe this happened
 - Anger – I'm mad at the killer; at God for allowing it to happen; at the school for not stopping it; or at myself.
 - Guilt – I wish I would have...; I wish I wouldn't have...
 - Anxiety – I'm afraid this might happen at my school.
 - Confusion – I feel overwhelmed; I just can't figure things out.
 - Sadness – I feel sad; I can't stop crying.
 - Acceptance – I think that things will be OK.
3. Any other feelings and emotions you're experiencing?
4. What do you do with these feelings?
 - Keep it to myself
 - Take it out on someone else
 - Hide, cover it up
 - Translate it into physical activity
 - Suppress it
 - Pretend it's not there
 - Laugh about it
 - I don't know what to do
 - Write it out in a journal
 - Talk with friends about it
 - Pray
 - Other _____

5. Do you think this could happen at your school, too? Why or why not?
6. Do you feel unsafe at your school now? Why or why not?
7. The shooter at Virginia Tech, Columbine and other schools went on this rampage to partially to seek revenge on people who teased them, made fun of them, and didn't accept them. How do you treat people at your school who are not your "friends?"
8. What ideas do you have for how you can share Christ's love at school with people who are not yet your friends?
9. *Spend at least 10 minutes in prayer together. Don't make this something quick to finish.*
 - Pray for each other.
 - Pray for safety in Alexandria schools.
 - Pray for the students at Virginia Tech.
 - Pray for the people who lost family members in the shootings.
 - Pray for three people who are campus pastors at Virginia Tech as they minister to all the students, professors and families: Terri Dewey, Dom Saia and Chris Backert.