



### **Get to Your Child First**

- How much time do you spend with your child/children talking about their day?
- Does your child/children consider you as a safe place? Why? or Why not?
- How comfortable are your children with sharing difficult information with you?

### **Bonus Questions:**

- What physical signs do you look for when your children need help?
- Who do you reach out to for help when your children are struggling with difficult situations?

### **Reach UP to God:**

- What suggestions did the author give about empowering your child to speak up?
- How often do you pray for your children?
- Take a moment to pray for protection, direction, and purpose for your children.