

1 — PURPOSE

This guide supports adults leading discussion of *Getting What I Deserve* in classroom, advisory, counseling, or book-club settings. It is suitable for grades 6–8 with preparation. Core topics include peer bullying, coercive control in friendships, self-worth, and resilience.

2 — BEFORE YOU BEGIN

- **Content advisory.** The novel depicts sustained peer bullying, coercive control, and a character's disclosure of suicidal ideation. Review the book before leading discussion.
- **Set expectations.** Ask participants to listen respectfully and to speak from their own perspective rather than about other people by name.
- **Participation is optional.** Students may pass on any question without explanation.
- **Know your resources.** Identify your institution's student-support contacts and crisis referral procedures before the session begins.

3 — FACILITATION PRINCIPLES

- **Keep the focus on the story.** Use Charlie's choices and experiences as the entry point, not students' personal lives.
- **Avoid forced disclosure.** If a student begins to share something personal, acknowledge it briefly and move the group forward.
- **Don't blame Charlie.** Gently redirect any tendency to fault him for accepting mistreatment. Coercive control is designed to feel normal.
- **Balance difficulty with agency.** After exploring a hard moment, return to Charlie's growth — what he learned, what he chose, who he became.

4 — IF A STUDENT DISCLOSES A CONCERN

If a student discloses a personal concern — about their own safety, a friendship, or how they are feeling — **listen calmly and without judgment.** Thank them for trusting you. Do not attempt to counsel or assess in the group setting. Follow your institution's safeguarding and mandatory reporting procedures, and connect the student with the appropriate support person as soon as possible.

5 — CLOSING THE CONVERSATION

- What did Charlie figure out about himself by the end of the story?
- What does it look like to be a good friend to someone going through something difficult?
- Who is a trusted adult in your life you could go to if a friendship ever felt wrong or confusing?

Before closing, remind students of the trusted adults and support resources available at your institution. The book's back matter also includes mental health resources and crisis contacts.