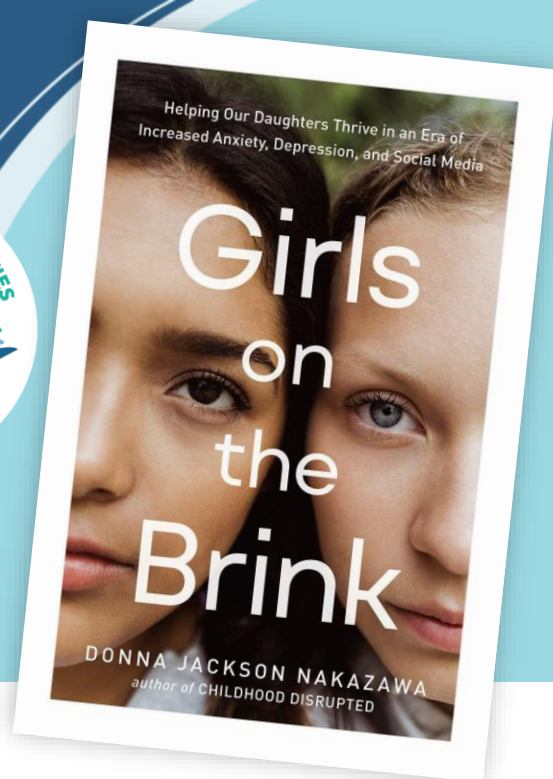


## What to consider when starting a successful book study on *Girls on the Brink* by Donna Jackson Nakazawa



The following questions can help you start planning your book study.



- 1 Who would you like to join your book study group?
- 2 Is there someone you would like to partner with as a co-leader (e.g., counselor, religious leader, community leader, coach, teacher, friend)?
- 3 How would you like to meet (e.g., online or in person)?
- 4 Have you read through the book study questions? What other questions would you like to ask during the meeting?
- 5 How many meetings would you like to have?
- 6 What times would you like to meet?
- 7 Where would you like to meet (e.g., which online platform or in person location)?
- 8 Have you filled out the [Girls on the Brink Book Study Leader Registration Form](#)?
- 9 Do you have a plan for how to handle challenging emotions and/or subjects should they arise? Here are some ideas that might help facilitate difficult conversations:
  - Create a safe space. Encourage people to share thoughts, ideas, opinions, stories, and experiences without judgment.
  - Welcome sharing but know that not everyone will want to share on all topics.
  - Acknowledge that some topics may raise challenging emotions.
  - Anticipate possible responses if someone seems to be having a hard time.
  - Research local agencies (e.g., mental health, domestic violence) that can provide support if someone needs extra help. Consider sharing these at the beginning or the end of the discussion.
  - Even if the book and/or discussion focuses on adversity or difficult topics, take time to ask questions about strengths, protective factors, hope, and positive childhood experiences as well.
- 10 How do you plan to access the book? Some potential options include the following:
  - Purchase the book or audiobook
  - Read or listen to the book with a friend
  - Check out the book from your local library
  - Encourage your library to purchase the book
  - Work with non-profit organizations, schools, and/or Family Resource Centers to seek grant funding to purchase the book.