



Discussion Questions: How to Spot a Sneaky Spider

Notes:

- For simplicity, the questions refer to a coach. The questions apply to all people in a child's life.
- The [] indicate answers or hints.

The basics

- How do you feel about your coach? (If the athlete has more than one coach, ask about each coach specifically, by name.)
- How would you explain abuse?
- Besides coaches, who else can be spiders?
- Can friends, teammates, and family members be spiders?
- What did you learn about sneaky spider coaches?
- When you have an awesome coach, how do you feel?
- When your coach is a sneaky spider, how do you feel?
- What is the sticky thing that sneaky abusive spiders weave into their webs?
- What is the grown-up word for sticky lies?
- How would you explain gaslighting?
- How would you explain grooming?

Patterns

- Which patterns of sneaky abuse do you remember?
- For each of the patterns you remember, how would you explain that pattern to someone who hasn't watched the video?
- What is love bombing?
- Why do sneaky spiders love bomb?
- What do sneaky spiders do if they think you're starting to wonder whether they are a spider? [Become even more charming]
- Why do sneaky spiders try to charm you? In other words, what do they want you to think or believe? [They want to get you to stop thinking they are a spider, to trust them.]
- When sneaky spiders coaches feel afraid, what do they do? [They get mean and defensive]
- Why do sneaky spiders separate people?
- How do sneaky spiders separate people?
- When sneaky spiders talk about themselves, what do they say? [I'm great]
- Why do sneaky spiders trick you into lying? [To make themselves look good, and protect their reputations. To make people doubt you]

Taking action

- If you spot a spider, what should you do?
- If the first adult you tell doesn't help you, then what should you do?
- Can you list some specific people in your life whom you can tell if you spot a spider? (Think about your parents, a friend's parents, a trainer, a non-spider coach, a teacher, school counselor, or school nurse, your doctor...)
- Why is it important to name spider coaches?

Wrapping up

- What questions do you want to ask about spotting spiders?
- What ideas or feelings do you want to share about spotting spiders?
- Dr. Amy described many patterns. Do you see any of these patterns with your coach? With teachers or other adults at school? With anyone in any area of your life? If so, which ones? Tell me more.
- Is there someone in your life who you think might be a sneaky abusive spider?

