

Discussion Topic Cards



A Letter From Tamar

Finding Victory Over Sexual Abuse and Preventing
the Cycle in Your Family

Adapted from 2 Samuel 13 by M. Ojunga & Dionne Harrison

These cards are intended to be read to a child with the direct guidance of a parent, teacher or counselor for the purpose of **preventing childhood sexual abuse and **aiding** in the healing process for abused children and their families. Discussion of this topic **may be harmful** to an adult reader or child who is **not emotionally or cognitively ready/stable**. This book is **only part** of the care plan for abused children. We strongly recommend that parents should seek professional evaluation and treatment for a child who has been abused and should not attempt to use this discussion as a substitute.**

Little Luke appears as an icon in *A Letter From Tamar* to prompt the adult reader to reference the indicated Discussion Topic Card. These points may also serve as topics for review after reading the story.

Each Discussion Card indicates

1. **The corresponding page/s** in *A Letter From Tamar*.
2. **The Recommended User**. While we anticipate that parents and teachers may utilize these cards, some goals are specifically directed toward therapists who are utilizing Trauma Focused Cognitive Behavioral Therapy Intervention. If your child has been abused, please seek professional help. This resource should not be used as a substitute for professional counseling for your child or teen.
3. **Teaching/Learning Goals**
4. **Scripture References**
5. **Kid Friendly Dialogue**. This content is worded in a manner that parents, teachers or counselors can read directly to children in a way that is simple and comprehensible for the youngest readers.

CAUTION!! Pages 9-15 can be emotionally intense because of the pictures and content for a child or adult who has been abused. The discussion cards should NOT be used as a substitute for a trained counselor to assist parents and families who are dealing with sexual abuse.



IF you KNOW a child has been sexually abused, we recommend reading this book with the guidance of counselor who can assess a child's readiness for such material.

1. Pause in these sections or at any time during the discussion.

Listen to the child. Observe for any discomfort. Stop and take a break if the adult guide or child is emotionally overwhelmed. Answer questions the child may have.

2. Emphasize Tamar's innocence.

She did nothing wrong. What happened was not her fault.

3. Notice the child's behavior.

If a child has been abused, pages 9-15 may evoke a strong emotional response.

Adult readers should be mindful of this particularly so that a child who wants to reveal that some abuse has occurred will feel supported. Also if a child wants to stop reading at any point during the discussion, adult readers should do so, comfort the child and inquire about what was disturbing to him or her.

Discussion Card 1: (Pages 9 through 14)

Recommended User: Parent/Teacher/Therapist



Goals:

- 1) Encourage child/youth to talk about his/her response to Tamar's story.
- 2) Affirm Tamar's courage for telling her story.
- 3) Acknowledge that Amnon was mean or wrong.
- 4) Affirm Tamar's innocence: she had done nothing wrong.
- 5) Identification of Thoughts vs. Feelings/Emotions
that Tamar may have experienced after her brother touched her the wrong way, yelled at her and put her out of his house.
- 4) Teach relaxation techniques to help build self and emotional control.

Scripture Reference:

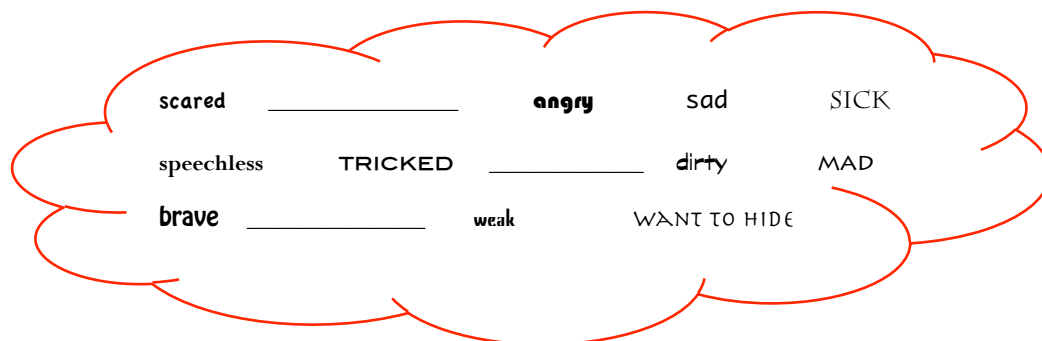
But she answered him, "No, my brother, do not force me, for no such thing should be done in Israel. Do not do this disgraceful thing! . . . And as for you, you would be like one of the fools (vile, wicked people) in Israel." 2 Samuel 13:12-13 NKJV

Kid Friendly Dialogue:

Let us stop for a minute. Tamar has been so brave to tell us her story. What are your thoughts about what has happened so far? Who did something wrong?

Tamar's brother was a really mean guy. What do you think she was feeling when the guard carried her out and locked the door? She had done nothing wrong.

1. Look at the thought bubble below and choose words that describe how she may have felt. You may add your own words too.



2. What are some things she could do to control her strong feelings and begin to relax? Make a list. Show her how to belly breathe or loosen tense muscles.

Discussion Card 2: (Page 15)

Recommended User: Parent/Teacher/Therapist

Goals:

- 1) Engage child/youth in discussion about telling the truth.
- 2) Emphasize the value of truth. Consider how truth is important to God and can protect us from harm.
- 3) Discuss the role of courage in being truthful because of fear and conflict avoidance.

Scripture Reference:

These are the things you shall do: speak each man the truth to his neighbor; give judgment in your gates for truth, justice, and peace. Zechariah 8:16 NKJV



Kid Friendly Dialogue:

Now this is a very important part of Tamar's story. Has anyone ever told you to be quiet about the truth?

- 1) Think of 3 examples of when someone told you not to tell the truth.
 - a) Discuss why they may have told you to be quiet or lie.
 - b) Discuss what you decided to do.

2) What should Tamar do? Make a list.

Remember ...YOU MUST ALWAYS TELL THE TRUTH to please God and get help from others.

Discussion Card 3 : (Page 18)

Recommended User: Parent/Teacher/Therapist

Goals:

- 1) Engage child/youth in discussion about good vs. bad touching.
- 2) Define and discuss the term “sexual abuse” an/or rape in age appropriate detail.

Scripture Reference:

Know that the Lord, He *is God; It is He who has made us, and not we ourselves. Psalm 100:3 NKJV*

Therefore glorify God in your body and in your spirit, which are God's. 1 Corinthians 6:20 NKJV

Kid Friendly Dialogue:

The Lord said we are wonderfully made. Our bodies are part of how we talk to others. Good touches make us feel happy, safe and loved. A hug or kiss from someone you know, a handshake for doing a good job and being tucked in at night are a few examples of good touches. If someone we don't know tries to hug or kiss us, these good touches can become bad ones. Bad touches make us feel sad, uncomfortable, scared or hurt. Being kicked or tickled too hard can be bad touches.

There are some people who do mean things to children and may try to touch you in your “underwear zone.” You should say no to anyone who tries to touch you in your underwear zone or wants you to touch the private areas that his/her underwear covers. This bad touching is also called sexual abuse or rape. If this ever happens to you, tell your parents, teacher, pastor, counselor, doctor or anyone you trust so they can protect you from this person.

Note to User: Consider reading the Appendix “How God Made Me” to review the purpose of our bodies and the formal names for our private body parts.



Discussion Card 4 : (Page 20)

Recommended User: Parent/Teacher/Therapist

Goals:

- 1) Engage child/youth in discussion about the analogy between a desert and difficult times or problems in life.
- 2) Help child/youth identify any problems s/he is experiencing now.
- 3) Teach how the Lord can help us while in the desert or during difficult life problems.
- 4) Help child/youth identify safe comforting places.
- 5) Help child/youth identify things s/he can do, think or say during difficult times.
- 6) Help child/youth identify safe people who can help him/her during difficult times.

Scripture Reference:

Behold, I will do a new thing, Now it shall spring forth;
Shall you not know it? I will even make a road in the
wilderness *and rivers in the desert.* *Isaiah 43:19 NKJV*



Kid Friendly Dialogue:

How are problems in life like a desert? Are there any deserts in your life now?

1. Make a list of the hard things you are experiencing.
2. What can help you win when events happen in life that are hard? Make a list.
3. Who can help you to do those things you listed in #2 ? Write their names down.

Discussion Card 5 : (Page 26)

Recommended User: Parent/Therapist

Goals:

- 1) Engage child/youth in discussion about mistakes or things s/he would have liked to be handled in a different way regarding the abuse in the family.

Scripture Reference:

Indeed, we all make many mistakes. For if we could control our tongues, we would be perfect and could also control ourselves in every other way. James 3:2 NLT

Kid Friendly Dialogue:

Tamar is so brave talking about her family. Can you talk about any mistakes you think happened in your family? List them below.

- 1.
- 2.
- 3.



Discussion Card 6 : (Page 27)

Recommended User: Parent/Teacher/Therapist

Goals:

- 1) Engage child/youth in discussion about anger.
- 2) Help child/youth identify people, situations and thoughts that trigger his/her anger.
- 3) Define good/Godly anger versus sinful/hurtful anger.
Good/Godly anger is directed towards wrong doing.
Sinful anger hurts/attacks people.



Scripture Reference:

... God is angry with the wicked every day. Psalm 7:11 KJV

When you are angry, do not sin, and be sure to stop being angry before the end of the day.
Ephesians 4:26 NCV

Kid Friendly Dialogue:

1. Anger is important to talk about. List what makes you become most angry.
 - a.
 - b.
 - c.
2. What do you do when you are angry?
3. What can you do to control your anger? List 3 things.
 - a.
 - b.
 - c.

Does anyone in your family become angry?

Discussion Card 7 : (Page 27)

Recommended User: Parent/Teacher/Therapist

Goals:

- 1) Engage child/youth in discussion about justice.
- 2) Define justice. Justice is actions made by a person to fairly correct a mistake or intentional wrong doing. This can involve protecting or rewarding the person who was harmed and punishing the person who did wrong. Sometimes justice also tries to help the person who did wrong to learn how to do the right thing instead. Human justice is usually imperfect.



Scripture Reference:

For the Lord is a God of justice; Blessed are all those who wait for Him. Isaiah 30:18 NKJV

Kid Friendly Dialogue

Let's talk about justice. How would you change Tamar's story to right the wrongs that occurred (Justice)? Consider each person in Tamar's story and what you think should happen to them or what he or she could do differently. Remember human attempts at justice are usually imperfect.

- 1) Tamar
- 2) King David her father
- 3) Amnon the brother who hurt her
- 4) Absalom the brother who tried to help her
- 5) Others?

Discussion Card 8 : (Page 29, 30)

Recommended User: Parent/Teacher/Therapist

Goals:

- 1) Engage child/youth in discussion about forgiveness.
- 2) Define what it means to forgive.
- 3) Discuss what forgiveness is not.
- 4) Review why God commands us to forgive.



Scripture Reference:

For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins. Matthew 6:14-15 NIV

Consider reading the Parable on Forgiveness in Matthew 18:21-35 in NLT version

Object Lesson on Forgiveness at

<http://ministry-to-children.com/forgiveness-object-lessons/>

Kid Friendly Dialogue:

Jesus told a parable about why forgiveness is so important. When someone wrongs us our sense of justice may cause us to feel angry and think that person owes us. Maybe the person owes us a promise that he did not keep, protection from harm, or an apology if we were hurt. Sometimes forgiveness is easy when the person says “I’m sorry” and tries to do better. But sometimes the person does not admit that she did wrong or the apology just does not seem enough. This is when forgiveness is really important-- so we can be free. However, when we keep thinking about how this person wronged us it usually leads to us feeling tormented in our minds or trapped in anger, sadness or feeling tense.

Tamar had to forgive many people. Make a list of what she had to forgive each person for.

- Her Father
- Her brother Absalom
- The guard who put her out
- Her brother Amnon
- What did she have to forgive herself for?

Discussion Card 9 : (Page 29, 30)

Recommended User: Parent/Therapist

Goals:

- 1) Engage child/youth in discussion about forgiveness and who and what she may need to forgive.

Scripture Reference:

Consider reading the Parable on Forgiveness in Matthew 18:21-35 in NLT version

Kid Friendly Dialogue:

Let's talk some more about forgiveness.

1. Make a list of people who you may need help forgiving.
2. Explain what you think they did wrong to you.
3. Write "safe" or "not safe" by each person's name.
4. Who will punish or help the person who hurt you?
5. Do you always get to see God's justice?



Discussion Card 10 : (Page 34)

Recommended User: Parent/Teacher/Therapist

Goals:

- 1) Engage child/youth in discussion about why painful things/suffering happens in life
- 2) Review principles about
 - a) How sin entered the world
 - b) Suffering is a normal part of this world.
 - c) Jesus promises to help us in our suffering and work it out for our good in this world.
 - d) In heaven there will be no more pain or hurt.

Scripture Reference:

Now we see things imperfectly, like puzzling reflections in a mirror, but then we will see everything with perfect clarity. All that I know now is partial and incomplete, but then I will know everything completely, just as God now knows me completely. 1 Corinthians 13:12

I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world. John 16:33 NLT

You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people. Genesis 50:20 NLT

Kid Friendly Dialogue:

Let's think of people in the Bible who had to handle hard times in life but God helped them and made them even stronger so they could help others too. Here are a few. Can you think of others?

Joseph

Job

Abigail and Nabal

Esther

Daniel, Shadrach, Meshach and Abednego

Jesus!!



Let's talk about your questions for God. Make a list. What are the "whys" you have about what happened to you and your family?

- 1.
- 2.
- 3.

Discussion Card 11 : (Page 35)

Recommended User: Parent/Therapist

Goals:

- 1) Engage child/youth in discussion about thoughts or feelings that are bothering him or her.
- 2) Introduce concept of how to notice thoughts and thought stopping.
- 3) Review relaxation techniques.
- 4) Teach child/youth the hope that Christ offer.

Scripture Reference:

Brothers and sisters, think about the things that are good and worthy of praise. Think about the things that are true and honorable and right and pure and beautiful and respected. Phillipians 4:8 NCV



Kid Friendly Dialogue:

I'm so glad Tamar is our friend.

1. Make a list of the feelings and/or thoughts that may be bothering you. (You can go back to look at the thought bubbles and look at the black words on the wall the children are looking at.
2. Now make a list of the feelings and thoughts God wants to give you more of. (Look at the red words on the wall where the kids are smiling)
3. Look at the picture of the red ladder that represents Jesus Christ. Take note of how the ladder leads the children over the grey wall to a different place with hope, joy and life.

What did Jesus do to help us win over evil and sin?

Discussion Card 12 : (Page 35)

Recommended User: Parent/Therapist

Goals:

- 1) Engage child/youth in discussion to screen for any problem symptoms or behaviors.
- 2) Encourage and comfort child/youth that is experiencing any behaviors or symptoms in a calm tone of voice and obtain professional help through a pediatrician, therapist or psychiatrist.

Scripture Reference:

He who has knowledge spares his words, *And a man of understanding is of a calm spirit. Proverbs 17:27 NKJV*

A wise man will hear and increase learning, And a man of understanding will attain wise counsel. Proverbs 1:5 NKJV



Kid Friendly Dialogue:

Tamar had many confusing thoughts and feelings after she was hurt by Amnon. Let's talk about them one at a time.

- 1) Do you have scary thoughts?
- 2) Do you have bad dreams?
- 3) Do you sleep well at night?
- 4) What is your favorite food? Do you still like to eat it?
- 5) Is it easy or hard to pay attention and learn at school or home? Why?
- 6) Is there anything that your body is doing that you don't like?
- 7) Is there anything you are doing with your body that you hide from others?
- 8) Do you have any thoughts or feelings about people that are confusing or embarrassing?
- 9) Are there people or places you used to like but do not anymore?

We want to serve you better!
If you have comments or suggestions for the
Discussion Cards, be sure to share them with us.

contact@goodsamaritancounseling.net

Thank You!

