

# Question cards to facilitate discussion after watching the HURT films

The questions below will guide you in discussing the HURT short films and their themes. The films deal with bullying, inappropriate behaviour and domestic violence at home and in the context of hobbies and memories. The stories in the films are based on real events, but do not feature direct personal experiences.

Dedicated sets of questions focusing on the particular themes of the films have been prepared for each of the three short films. However, you can also use other questions about the films if you find them useful.

The questions are intended as suggestions and can be adapted for your own use and to suit different situations with different groups.

If you wish, you can also use the 'HURT – Information on Bullying' guide to help inform the discussion.



# **HURT: At Home**

Adults, children and young people



# Questions about the film

- What thoughts or feelings did the film evoke?
- How did you feel about the interaction between the mother and the children in the family?
- Was there inappropriate behaviour in the film? If yes, what kind?
- Did you notice any violence in the film? If you did, what kind?

# Questions about the film

- Three members of the family appeared in the film. What did the relationships between the family members seem like?
- How did the younger brother feel when his mother shouted at Samu?
- How did Samu feel about his mother's behaviour?
- How did the mother feel about her own behaviour?

# Questions about the film

- What would the mother have needed for the film to have turned out differently? And what would Samu have needed?
- Who could Samu turn to or talk to about the situation at home? What about the mother? And the younger brother?
- What would help the family in the film?

# Actions and emotions

- In a family like the one in the film, how can all the children be equally taken into account, especially if it is a blended family?
- How might intergenerational behaviours or experiences be reflected in your own activities?
- Where do you draw the line between a normal argument and frightening behaviour?
- How can you safely express your feelings of anger? Where do you draw the line for acceptable behaviour?

# Support

- What can we do if we notice someone close to us living in fear?
- How can adults support the children of others and provide them with safe adult contact if they know the family is going through difficult times?
- As a parent, how can you take care of your own wellbeing and ability to cope? Where can you get support with coping?
- What kind of support could be offered to someone who has experienced domestic violence?
- What kind of support does a person who is behaving violently need to have the courage to face their actions and accept or seek help to change?



**Harjulan  
setlementti**

**The Support Centre for  
Bullying Issues**

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