

BRAVE

in Capital City

A novella



N.G. Avant

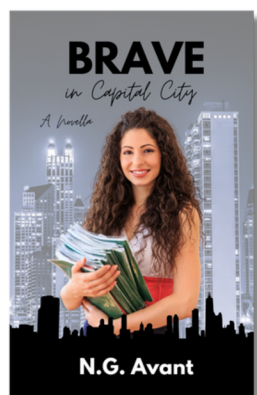
N.G. Avant

AUTHENTIC STORIES FOR
WOMEN

BOOK CLUB KIT

www.ngavant.ca

DISCUSSION QUESTIONS



Brave in Capital City was inspired by headlines about how the LGBTQ2S+ community, especially the trans community, is under attack. I am not part of this community, but I wanted to write from the perspective of an ally. My goal was not to speak for anyone, but to hold space for their struggles and resilience within the Capital City world.

These questions are designed to spark both thoughtful analysis of the story and honest conversations about justice, identity, and what it means to stand with others. There are no right answers here, only reflections that help us better understand courage and solidarity.

1. What were your thoughts on how Birdie handled everything she faced throughout the story?
2. How did you feel about Naomi's determination to seek justice for her best friend?
3. What was your reaction when you met the parents of the bully in the principal's office scene?
4. How did you interpret the principal's response? What does it say about institutional accountability?
5. Looking back, did you notice any signs of what was going to happen with Trevor? Could more have been done to prevent it?
6. What were some of the aftermaths you noticed, both immediate and long-term, for all of the characters?
7. The story is set at a time when social media was just beginning to emerge. Today, online spaces play a huge role in bullying. As an ally, parent, or teacher, how can we support a child who is being bullied in the digital age?
8. What emotions did you feel most strongly while reading this story?
9. How did you feel about the relationship between Birdie and Henry, knowing they both weren't over their exes but still had chemistry?
10. Were there any moments of hope or solidarity that stood out to you as "silver linings"?

Self-Care After

- **Release practice:** Take three deep breaths together as a group, imagining the heaviness leaving your body with each exhale.
- **Hydrate & soften:** Drink a full glass of water or have something nourishing. An act of care for your body.
- **Affirmation swap:** Each person shares one positive takeaway. Perhaps about the story, the resilience of women, or the strength of having these conversations.
- **Gratitude round:** End by each sharing one thing you're grateful for that week.
- **Song to close:** Play some music and DANCE IT OUT. Release the stress through movement. It works!

PLAYLIST

BORN THIS WAY
LADY GAGA

CLOSER
TEGAN AND SARA

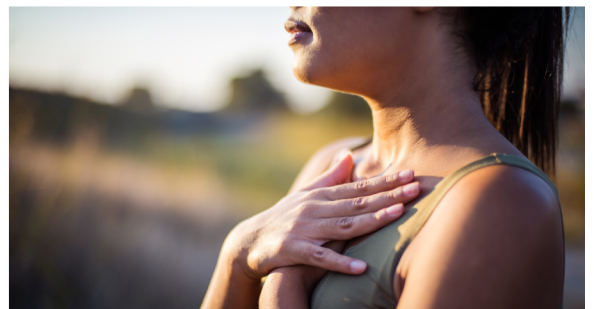
DANCING ON MY OWN
ROBYN

VOGUE
MADONNA

WE EXIST
ARCADE FIRE

YOU NEED TO CALM DOWN
TAYLOR SWIFT

GOLDEN
HUNTRIX



BOX BREATHING

1. Inhale slowly through your nose for a count of 4.
2. Hold your breath for a count of 4.
3. Exhale slowly through your mouth for a count of 4.
4. Pause and hold for a count of 4 before starting again.
5. Repeat the cycle 4 times (or more, if you like).

Hi. I'm N.G.!

AUTHOR | CHANGE MAKER | OPTIMIST

My work is inspired by the headlines we see every day and by the lived realities behind them. *Brave in Capital City* grew from my research into bullying and violence against women, and from my recognition of how often young people need safe spaces to be heard.

I come from a family of teachers. Both of my parents are retired educators, and my younger sister is a teacher as well. Watching their dedication has shaped my understanding of how important their work is, even while it remains undervalued by society. For so many kids, a teacher is the person who notices, who listens, who creates a safe space when home or the world outside feels unsafe.

That same belief runs through my writing. I want my books to spark conversations, offer validation, and hold space for the hard topics we often avoid.

My hope is that these stories remind us that resilience is possible, solidarity matters, and change begins when we are willing to face uncomfortable truths together.



author@ngavant.ca
www.ngavant.ca



ZOOM CALL?

I'm happy to join your book club for a 20-minute Zoom (schedule permitting!) and if you're in the Ottawa area, I'd love to join you in person. Please email me.

N.G.