



Discussion Questions for Book Clubs and Reading Groups

1. What is the significance of the title Shredded?
2. Would you have gone to prom if your face looked the way Josie's did?
3. Do you think most girls would go to a dance with a bruised face? Would boys?
4. Did Josie overreact to the negative comments posted on her online video? Should she have expected them?
5. Why was Josie attracted to R.T. Torres? What are the advantages and disadvantages of a long-distance relationship?
6. Is Josie closer to her male friends or her female friends? Why?
7. If they didn't all ride BMX, would Josie, Lauryn, and Alexis be friends?
8. Why does Josie's mother have an easier time relating to Troy than to Josie?
9. Did Troy change by the end of the story, or did Josie's perception of him change?
10. Should Josie have participated in the Launch Pad instead of the Exhibition? Why did she decide to do the Exhibition?
11. If you were competing in BMX freestyle, would you rather win with the highest scores and a safe ride, or show a new trick you invented that scores lower, but advances the sport?
12. When should success be defined by judges or external standards? When should your own definition of success be more important than winning a competition?

