

# Talk With Me

## Conversation Tips

- 1) You can use these conversation starters at the dinner table, on a road trip, during youth activities or anywhere you find an opportunity to connect.
- 2) Remember there is no right or wrong answer to these questions.
- 3) Youth may bring up thoughts or ideas that differ from your own. Challenge yourself to keep an open mind when having these discussions with young people.

## Categories for Discussion

-  Ice Breaker
-  Building Connections
-  Taking Action
-  Technology
-  Relationships
-  Development
-  Body Image
-  Mental Health
-  Substances



# Ice Breaker

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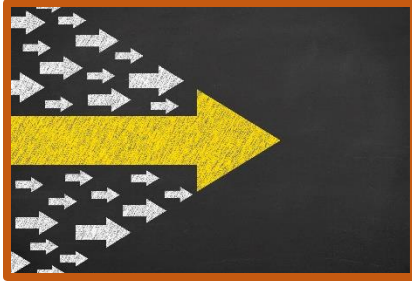
- Would you rather be the worst player on a winning team or the best player on a losing team? Why?
- If you could describe yourself as one type of ice cream, what would it be? Why?
- What interesting thing happened today?
- \_\_\_\_\_ has been all over the news lately. What have you been hearing about this?
- If you could trade places with anyone in the world, who would it be? Why?
- What would the world be like if everyone was the same?
- If you could solve one problem in the world, what would it be?
- If you could get everyone in the world's attention for a minute, what would you say or do? Why?
- If you could have any super power, what would it be?
- What would you do with that super power?
- What sorts of things do you do after school (like sports, volunteer, hang-out, work or clubs)?
- What are other activities you would like to do? What is keeping you from doing them?



# Building Connections

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- What are some things you love about school?
- What are some things you would change?
- What is your favorite tradition? What makes you like it the most?
- What traditions would you like to pass on to others?
- When you need to talk about something important, who do you turn to?
- How do you choose who to talk to about certain things?
- What was the best part of your day? Why?
- What was the worst part of your day? Why?
- How do teachers try to encourage and show they care about you and other students?
- What would you rather they do to show encouragement and care to students?



# Taking Action

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- What do you like about where you live? What do you dislike?
- What could you do to make it better? What could others do to make it better?
- What kinds of things do you see happen that make you feel uncomfortable?
- What do people do when these things happen? What could you do?
- What does bullying look like at school? In our community?
- Why is it difficult to step in when people are bullying? What could make it less difficult?
- What are some signs that someone may be experiencing abuse?
- Who could you tell if you found out a friend is in an abusive situation?
- What does the word respect mean to you?
- How do people show each other respect?
- What does it mean to lose respect for someone?
- If you ever lost respect for someone, how did that affect your relationship?
- Are there things that happen during the school day that cause you to feel unsafe? What kinds of things?
- What are ways to make students feel safer at school during the school day?



# Technology

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- How do people act differently online versus in person? What makes it different?
- How do you wish people would treat each other online? What would that look like?
- I've heard the term cyberbullying. What does that mean?
- What does cyberbullying have in common with in-person bullying? What's the difference?
- Do your friends share their passwords (phone, email, social media)? Do you think it's OK to do this?
- What if they are sharing with family? A dating partner?
- How do you decide who to share your passwords with?
- What would you do if someone asked for your password and you didn't want to share it?
- What are some unspoken rules about texting?
- How do you feel when someone texts you too much? Doesn't text you back?
- What are the advantages of using technology to communicate? What are the risks of using technology to communicate?
- How can a person keep himself or herself safe?



# Relationships

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- What's the difference between "someone you know, but are not close with" and "someone who is your friend?"
- What steps would you take to become friends with someone?
- Which qualities are especially difficult to find in a friend?
- Are you a good friend according to the qualities you mentioned? What can you do to be an even better friend?
- Has a friend ever upset you? Why did they upset you?
- Have you ever upset a friend? If so, how did that feel? What did you do to fix it?
- How are relationships different in real life than in the media?
  - (e.g., books, movies, TV, etc.)
- How are break-ups different in real life than in the media?
- Describe your idea of a healthy and happy relationship. How would you treat each other?
- What are the things that you won't put up with in a relationship?
- Is being in a relationship important to you? Is it important to your friends? Why?
- What can be fun about dating? What's not so fun about dating?



# Development

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- Think about life in elementary school. What do you miss about it? What don't you miss?
- Think about life as a teenager. What do you like or are excited about? What don't you like or makes you nervous?
- What does puberty mean to you?
- How does it affect male and female bodies differently?
- What physical changes have you experienced?
- What was the hardest change for you? Where did or could you go for advice?
- What emotional changes have you experienced?
- What was the hardest change for you? Where did or could you go for advice?
- Body changes start at all different times. How would it feel to be one of the first or last to go through these changes?
- Are your friends going through the same body changes? How do you compare?



# Body Image

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- What do you think a healthy body looks like?
- What is healthy about your body?
- How does what you see in the media/ads make you feel about your body?
- Is it realistic to compare bodies in the media to people in your everyday life?
- What would your friends say are your best features? (Physical or otherwise)
- Do you agree with your friends? Would you add to or take away anything from that list?
- What does your body image mean to you?
- What can positively and negatively influence a person's body image?
- What would the world look like if we all looked the same?
- How do differences affect the world?





# Mental Health

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- What does it mean to you to be happy?
- Is it realistic to be happy all the time?
- When have you felt stressed? What makes you feel stressed?
- How do you deal with stress?
- What have you heard people say that has hurt someone's feelings?
- How did you feel or what did you do when you heard those things?
- Describe the last time you felt angry. How did you handle that situation?
- How did you calm yourself down when feeling angry?
- Sometimes emotions are hard to control. If you or a friend needs help who could you talk to?
- How could you encourage someone else to seek help?



# Substances

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- What are you hearing about substance abuse?
- Do those messages make a difference?
- How do you define substances? Give a list of examples.
- What kind of substances are you aware of in your school/ community?
- What are some examples of drugs and alcohol used in the media?
- How do these examples affect decisions you and your friends make?
- What effects of substance use have you seen?
- How does that make you feel?
- Why do you think some young people use substances?
- What might be some consequences/advantages?
- Why do you think some young people choose not to use substances?
- What might be some consequences/advantages?