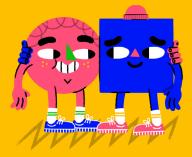
### CONVERSATION STARTERS

for 10-13 year olds





#### **HOW TO USE THIS DECK**

Getting kids to open up isn't always easy. We hope these Conversation Starters help.

We encourage you to bring an open mind to using the questions in this deck.

These cards can be used together with other Global Boyhood Campaign tools and content, or they can be used on their own

Be sure to tell us @Boyhoodlnitiative on lnstagram how things went!

Just know: It's totally okay if there are awkward moments, or long stretches of silence



#### **PARENT TIPS**



Your 10-13 year old is learning how to develop complex relationships, create multiple solutions, and are experiencing more self-consciousness, moodiness and distance, and developing their individuality. With these questions, you can start conversations aiming to help your child express and cope with sadness or depression, peer pressure and to differentiate between healthy and unhealthy relaitonship dynamics.

#### **HOW TO KEEP KIDS TALKING**

- Put your phone away so you can give your full attention
- Create space for kids to express their emotions by reaffirming the conversation is confidential
- Take them seriously: show them you believe and value what they are sharing
- Show that you're listening: nod, repeat what you hear, ask clarifying questions
- Be aware of your actions and facial expressions
- Stay open-minded; don't assume you know how they will respond
- Ask follow-up questions: "Tell me more about that."
- Allow uncomfortable silences; try counting to 10 before breaking the silence
- Encourage them to make connections to broader social justice issues and to the world around them

Is there someone you talk to about how you're

### **FEELING?**

If so, who is that person?

What makes you comfortable with them?

If not, can you tell me more about that?

SHARE EMOTIONS IN HEALTHY WAYS

What would you do if you were mad at a

#### FRIEND OR FAMILY MEMBER?

How could you share your feelings and work towards a solution?

SHARE EMOTIONS IN HEALTHY WAYS

What do you think it means to be

### DEPRESSED? ANXIOUS?

What could someone do if they are feeling depressed? Anxious?

What could you do if you feel depressed or anxious?

SHARE EMOTIONS IN HEALTHY WAYS

# TALKING TO BOYS? TO GIRLS?

Can you tell me more about that?

ACCEPT AND CONNECT WITH OTHERS

How do you

## HANDLE STRESS?

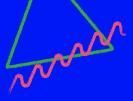
How do your friends handle stress or challenges?

What are the similarities or differences? Can you tell me more about that?

## Are most of your friends SIMILAR OR DIFFERENT

from you?

What do you appreciate about your friends' differences?



How does it feel when someone

### MAKES FUN OF YOU?

What do you do if you see someone being bullied online (social media / video games) or in person?

What could you do to help them?

STAND UP & SPEAK OUT AGAINST BULLYING & INEQUALITY

Tell me about a time when you or someone you know

# WERE TREATED DIFFERENTLY

because of your identity (race, gender, sexual orientation, etc).

Who is hurt by social injustices?

What can you do about it (at home, at school, in your community)?

show

Who do you know that's very

### DIFFERENT FROM YOU?

What makes them different?

What do you appreciate about them?

How can you learn more about other people who are different from you?

Do you think there's a certain way people

#### EXPECT YOU TO LOOK OR ACT

because of your gender? Why?

Are there ways that you see

# BOYS AND GIRLS BEING TREATED DIFFERENTLY

by adults?

How do you feel about that?

Are there things you would do if you didn't think

#### **PEOPLE WOULD** JUDGE YOU OR MAKE FUN OF YOU?

What would they be and why?