



# Connect with Me Conversation Cards

*Like these cards? Have  
feedback? Let us know!*



[surveymonkey.com/r/ecconnectwithme](https://surveymonkey.com/r/ecconnectwithme)

## **About these cards:**

Connect with Me conversation starter cards are for starting conversations anywhere, anytime to connect with each other. They can be asked by adult to youth, youth to adult, or youth to youth.

## **Who they are for:**

These cards were created for youth around middle school age and older, but can be simplified for younger ages. Some topics may be more geared for older youth. Use the cards as you see fit.

**Spanish and Hmong version of cards are available through the Wisconsin Department of Health Services website.**

- Español- [dhs.wisconsin.gov/publications/p03507s.pdf](https://dhs.wisconsin.gov/publications/p03507s.pdf)
- Hmoob - [dhs.wisconsin.gov/publications/p03507h.pdf](https://dhs.wisconsin.gov/publications/p03507h.pdf)



Cards are adapted by the Eau Claire Health Alliance with permission from WI DHS and Missouri Dept. of Health and Senior Services.



WISCONSIN DEPARTMENT  
of HEALTH SERVICES  
P-03507 (09/2023)

## **How to use these cards**

- Ice Breakers start the conversation in a relaxed way. Each category also has an “Ice Breaker” card to get you started on that specific topic.
- These cards are not meant to be done at one sitting or all in order. Pull out a few at a time while at dinner or stuck in traffic. If you find yourself wanting to cover a specific topic, pull out that section and use it.
- When using these cards to connect, remember that there are no right or wrong answers to these questions.
- 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.

## Tips

- By having regular conversations with youth, you can help build trust, let youth feel safe to ask questions, and later come back if they need help. Having a trusted adult helps youth build resilience.
- No card set could cover everything you need to discuss about “The Tough Stuff,” but there are questions to start some difficult conversations around a variety of topics.
- **Keep the conversation going, learn more, & find resources at:**
  - [ehealthalliance.org/resources](http://ehealthalliance.org/resources)
  - [dhs.wisconsin.gov/mch/adolescent-health.htm](http://dhs.wisconsin.gov/mch/adolescent-health.htm)

## **About Eau Claire Health Alliance**

We're a local group working to promote the health and well-being of individuals, families and communities of Eau Claire County through collaborative and focused action. We work together to address the identified health issues below.

- **Chronic Disease Prevention:** Encourages active lifestyles at all life stages, increased consumption of healthy foods and beverages, and promotion of health screenings.
- **Healthy Relationship Promotion:** Encourages community members across the lifespan to cultivate strong, healthy relationship that foster a safer and more inclusive community.
- **Mental Health:** Strengthens social and emotional wellness for all community members.
- **Substance Misuse:** Prevents and reduces substance misuse through education and advocacy.

Learn more at: [echealthalliance.org](http://echealthalliance.org).



## Categories for Discussion

-  Ice Breaker
-  Building Connections
-  Taking Action
-  Technology
-  Relationships
-  Development
-  Body Image
-  Mental Health
-  Substances
-  Growing Up
-  Tough Stuff
-  Nutrition and Physical Activity



Connect With Me

***Start talking!***

Would you rather be the worst player on a winning team or best player on a losing team? Why?



Connect With Me

***Start talking!***

If you could describe yourself as one type of ice cream, what would it be? Why?



Connect With Me



*Start talking!*

What interesting thing  
happened today?



Connect With Me

*Start talking!*

\_\_\_\_\_ has been all over  
the news lately. What  
have you been hearing  
about this?



Connect With Me

***Start talking!***

If you could have any super power, what would it be?



Connect With Me

*Keep going!*

What would you do  
with that super power?



Connect With Me

***Start talking!***

What sorts of things do you do after school (like sports, volunteer, hang-out, work or clubs)?



Connect With Me

*Keep going!*

What are other activities  
that you would like to do?  
What is keeping you from  
doing them?



Connect With Me

## *Ice Breaker*

What are some pet peeves that you have?



Connect With Me

## *Ice Breaker*

If you won a million dollars, how would you spend the money?



Connect With Me



## *Ice Breaker*

What animal represents you the best? Why did you choose that animal?



Connect With Me

## *Ice Breaker*

If you could be on any reality or game show, which one would it be and why?



Connect With Me

## *Ice Breaker*

Would you rather be  
alone on an island or be  
with someone who  
never stops talking?



Connect With Me

## *Ice Breaker*

How do you find a  
common interest with  
someone you just met?



Connect With Me

*Start talking!*

What are some things  
you love about school?



Connect With Me

*Keep going!*

What are some things  
you would change?



Connect With Me

*Start talking!*

What is your favorite tradition? What makes you like it the most?



Connect With Me

*Keep going!*

What traditions  
would you like to  
pass on to others?



Connect With Me



***Start talking!***

What does a good role model look like? Is \_\_\_\_\_ a good role model?

(Include well known figures, local community members, etc. Do not include family members.)



Connect With Me

*Keep going!*

What differences would there be in a role model for teens versus adults?



Connect With Me

***Start talking!***

When you need to talk  
about something important,  
who do you turn to?



Connect With Me

*Keep going!*

How do you choose who to talk to about certain things?



Connect With Me

*Start talking!*

What was the best part of  
your day? Why?



Connect With Me

*Keep going!*

What was the worst part  
of your day? Why?



Connect With Me

***Start talking!***

How do teachers try to encourage and show they care about you and other students?



Connect With Me

*Keep going!*

What would you rather they do to show encouragement and care to students?



Connect With Me



## *Ice Breaker*

If you could get everyone's attention in the world for one minute, what would you say or do? Why?



Connect With Me

## *Ice Breaker*

If you could solve one problem in the world, what would it be?



Connect With Me

***Start talking!***

What do you like  
about where you live?  
What do you dislike?



Connect With Me

*Keep going!*

What could you do to make it better? What could others do to make it better?



Connect With Me

***Start talking!***

What kinds of things do you see happen that make you feel uncomfortable?



Connect With Me

*Keep going!*

What do people do when  
these things happen?  
What could you do?



Connect With Me

***Start talking!***

What does bullying  
look like at school?  
In our community?



Connect With Me

*Keep going!*

Why is it difficult to step in when people are bullying? What could make it less difficult?



Connect With Me



***Start talking!***

What are some signs  
that someone may be  
experiencing abuse?



Connect With Me

*Keep going!*

Who could you tell if  
you found out a friend is  
in an abusive situation?



Connect With Me

*Start talking!*

What does the word  
respect mean to you?



Connect With Me

*Keep going!*

How do people show  
each other respect?



Connect With Me

***Start talking!***

What does it mean to lose respect for someone?



Connect With Me

*Keep going!*

If you ever lost  
respect for someone,  
how did that affect  
your relationship?



Connect With Me

***Start talking!***

Are there things that happen during the school day that cause you to feel unsafe?  
What kinds of things?



Connect With Me

*Keep going!*

What are ways to make students feel safer at school during the school day?



Connect With Me



## *Ice Breaker*

Would you rather have a phone but no one to be social with, or spend a day with friends but have no phone?



Connect With Me

## *Ice Breaker*

What is your favorite website, social media platform, or way to connect? Why?



Connect With Me

***Start talking!***

How do people act  
different online versus  
in person? What makes  
it different?



Connect With Me

*Keep going!*

How do you wish people  
would treat each other online?  
What would that look like?



Connect With Me

*Start talking!*

I've heard the term  
"cyberbullying." What  
does that mean?



Connect With Me

*Keep going!*

What does cyberbullying have in common with in-person bullying? What's the difference?



Connect With Me

***Start talking!***

Do your friends share their passwords (phone, e-mail, social media)? Do you think it's OK to do this?



Connect With Me

*Keep going!*

What if they are sharing with family? A dating partner?



Connect With Me



*Start talking!*

How do you decide who to share your passwords with?



Connect With Me

*Keep going!*

What would you do if  
someone asked for your  
password and you didn't  
want to share it?



Connect With Me

*Start talking!*

What are some unspoken  
rules about texting?



Connect With Me

*Keep going!*

How do you feel when someone texts you too much? Doesn't text you back?



Connect With Me

***Start talking!***

What are the advantages of using technology to communicate?

What are the risks of using technology to communicate?



Connect With Me

*Keep going!*

How can a person keep  
himself or herself safe?



Connect With Me

## *Ice Breaker*

If you could take a trip anywhere, where would you go and who would you take?



Connect With Me

## *Ice Breaker*

Describe the relationships  
that you have.



Connect With Me



***Start talking!***

What's the difference between  
“someone you know, but are  
not close with” and “someone  
who is your friend”?



Connect With Me

*Keep going!*

What steps would you take  
to become friends with  
someone?



Connect With Me

***Start talking!***

Which qualities are especially difficult to find in a friend?



Connect With Me

***Keep going!***

Are you a good friend according to the qualities you mentioned? What can you do to be an even better friend?



Connect With Me

***Start talking!***

Has a friend ever upset you?  
Why did they upset you?



Connect With Me

*Keep going!*

Have you ever upset a friend?  
If so, how did that feel?  
What did you do to fix it?



Connect With Me

***Start talking!***

How are relationships  
different in real life  
than in the media?

(e.g. books, movies, TV, etc.)



Connect With Me

*Keep going!*

How are break-ups  
different in real life than  
in the media?



Connect With Me



***Start talking!***

Describe your idea of a healthy and happy relationship. How would you treat each other?



Connect With Me

*Keep going!*

What are the things that  
you won't put up with in a  
relationship?



Connect With Me

*Start talking!*

Is being in a relationship  
important to you?  
Is it important to your  
friends? Why?



Connect With Me

*Keep going!*

What can be fun about dating? What's not so fun about dating?



Connect With Me

***Start talking!***

How does your partner  
respond when you say no  
or set a boundary?



Connect With Me

*Keep going!*

All relationships have conflict.  
How do you both handle  
conflict in this relationship?



Connect With Me

## *Ice Breaker*

If you could trade places with anyone in the world, who would it be? Why?



Connect With Me

## *Ice Breaker*

What would the world be like  
if everyone was the same?



Connect With Me



***Start talking!***

Think about life in elementary school. What do you miss about it? What don't you miss?



Connect With Me

***Keep going!***

Think about life as a teenager.  
What do you like or are excited  
about? What don't you like or  
makes you nervous?



Connect With Me

***Start talking!***

What does puberty  
mean to you?



Connect With Me

*Keep going!*

How does it affect male and female bodies differently?



Connect With Me

***Start talking!***

What physical changes  
have you experienced?



Connect With Me

*Keep going!*

What was the hardest change for you? Where did or could you go for advice?



Connect With Me

***Start talking!***

What emotional changes  
have you experienced?



Connect With Me

*Keep going!*

What was the hardest change for you? Where did or could you go for advice?



Connect With Me



## *Start talking!*

Body changes start at all different times. How would it feel to be one of the first or last to go through these changes?



Connect With Me

*Keep going!*

Are your friends going through  
the same body changes?  
How do you compare?



Connect With Me

## *Ice Breaker*

If you had a theme song,  
what would it be? Why?



Connect With Me

## *Ice Breaker*

List three things that  
you like about yourself.



Connect With Me

*Start talking!*

What do you think a  
healthy body looks like?



Connect With Me

*Keep going!*

What is healthy  
about your body?



Connect With Me

*Start talking!*

How does what you see in  
the media/ads make you  
feel about your body?



Connect With Me

*Keep going!*

Is it realistic to compare  
bodies in the media to  
people in your everyday life?



Connect With Me



*Start talking!*

What would your friends  
say are your best features?  
(physical or otherwise)



Connect With Me

*Keep going!*

Do you agree with your friends?  
Would you add to or take away  
anything from that list?



Connect With Me

*Start talking!*

What does your “body image”  
mean to you?



Connect With Me

*Keep going!*

What can positively and negatively influence a person's body image?



Connect With Me

*Start talking!*

What would the world look like if we all looked the same?



Connect With Me

*Keep going!*

How do differences  
affect the world?



Connect With Me

## *Ice Breaker*

Describe your perfect day.



Connect With Me

## *Ice Breaker*

If you described your day using emojis, what would it look like?



Connect With Me



*Start talking!*

What does it mean  
to you to be happy?



Connect With Me

*Keep going!*

Is it realistic to be  
happy all the time?



Connect With Me

***Start talking!***

When have you felt stressed? What makes you feel stressed?



Connect With Me

*Keep going!*

How do you deal  
with stress?



Connect With Me

*Start talking!*

What are five things that you like about yourself?



Connect With Me

***Start talking!***

What have you heard  
people say that has hurt  
someone's feelings?



Connect With Me

*Keep going!*

How did you feel or  
what did you do when  
you heard those things?



Connect With Me

***Start talking!***

Describe the last time you felt angry. How did you handle that situation?



Connect With Me



*Keep going!*

How did you calm  
yourself down when  
feeling angry?



Connect With Me

***Start talking!***

Sometimes emotions are hard to control. If you or a friend needs help, who could you talk to?



Connect With Me

*Keep going!*

How could you encourage someone else to seek help?



Connect With Me

## *Ice Breaker*

Would you rather go to a party with a lot of people you barely know or spend time at home with a few close friends?



Connect With Me

## *Ice Breaker*

What is your favorite  
commercial jingle?  
Can you sing it?



Connect With Me

***Start talking!***

Where have you seen people use alcohol, vapes or drugs in media (TV, YouTube, other social media, etc.)? How does that make you feel?



Connect With Me

***Start talking!***

What kinds of drugs do your friends or people you know use? What worries you about your friends using alcohol, vaping, or drugs?



Connect With Me

***Keep talking!***

Are you worried about not being able to stop using alcohol, vapes or drugs? If you or a friend were struggling, who would you go to for help?



Connect With Me



***Start talking!***

Have you ever seen someone  
drink too much alcohol? How  
did it make you feel?



Connect With Me

***Start talking!***

How have you seen  
drugs and alcohol affect  
people you know?



Connect With Me

***Start talking!***

Do you think it is dangerous for people to try alcohol or vaping under the legal age? What are the risks for using alcohol, vaping or drugs?



Connect With Me

***Start talking!***

Why do you think that there are laws for what age people can start drinking alcohol?



Connect With Me

***Start talking!***

Why do you think some people try drinking alcohol or vaping at a young age?



Connect With Me

***Keep going!***

If someone asked you to try alcohol, vaping, or drugs and you didn't want to, what would you say?



Connect With Me

***Start talking!***

What advice would you give to a person your age if they feel pressured to try drugs or alcohol?



Connect With Me

*Keep going!*

How does that make  
you feel?



Connect With Me



***Start talking!***

Why do you think  
some young people  
use substances?



Connect With Me

*Keep going!*

What might be some  
consequences/  
advantages?



Connect With Me

***Start talking!***

Why do you think  
some young people  
choose not to use  
substances?



Connect With Me

*Keep going!*

What might be some  
consequences/advantages?



Connect With Me

## *Ice Breaker*

What adult privileges  
are you looking  
forward to?



Connect With Me

## *Ice Breaker*

What adult responsibilities  
are you not looking  
forward to?



Connect With Me

***Start talking!***

What big changes  
are happening in  
your life?



Connect With Me

*Keep going!*

How do those changes  
make you feel?



Connect With Me



***Start talking!***

What are you doing to prepare  
for \_\_\_\_\_?  
(an upcoming change/transition)



Connect With Me

*Keep going!*

What do you still need to  
learn to feel ready?  
Where can you find help?



Connect With Me

*Start talking!*

What are you most  
looking forward to in  
the next few years?



Connect With Me

*Keep going!*

What obstacles do you think you will face? What are your plans to overcome them?



Connect With Me

*Start talking!*

Change often brings stress.  
Do you know anyone that went  
through a big life change?  
How did they cope?



Connect With Me

*Keep going!*

What would you have  
done in that situation?



Connect With Me

*Start talking!*

What do you want your  
future to look like?



Connect With Me

*Keep going!*

What steps do you need  
to take to get there?



Connect With Me



## ***Know Before You Go***

Here are some suggested conversations to have with youth before they are on their own (schooling, move out, get a job, military, etc.).

“Do you know how to...”

- Manage money? (pay taxes, credit/debit cards, budgeting, online banking, apply for loans)
- Schedule health related appointments?
- Do laundry?
- Cook healthy meals?

## ***Know Before You Go - continued***

“Do you know how to...”

- Use public transportation and vehicle maintenance?
- Find employment?
- Practice good hygiene?
- Interview and follow a dress code?
- Wake up and be on time (punctual)?
- Have manners or be respectful of others?
- Communicate effectively with others?

## *Ice Breaker*

What experiences have  
you learned from?



Connect With Me

## *Ice Breaker*

What topics do you talk about with friends that you would not normally with an adult?  
Who do you think knows more about those topics?



Connect With Me

*Start talking!*

What would a  
perfect family look  
like? Why?



Connect With Me

*Keep going!*

How do you want your future family to be different from the family you have now? How do you want it to be the same?



Connect With Me

***Start talking!***

Messages about sex are all  
around us. Where  
are you getting your  
information about sex?



Connect With Me

*Keep going!*

What messages do you believe? What have you questioned?



Connect With Me



***Start talking!***

What are reasons some people say “no” to sex?  
What are some reasons people say “yes” to sex?



Connect With Me

*Keep going!*

What should someone  
do before having sex?



Connect With Me

## *Consider This...*

Trauma can be defined as, “a deeply distressing or disturbing experience.” Each person’s experience is different, so one may see an event as traumatic while another does not.



Connect With Me

***Consider This...***

Different types of traumatic events that may need to be discussed could include divorce, break-ups, bullying, suicide attempt or a death of someone, family or dating violence, natural disasters, sexual abuse, etc.



Connect With Me

*Start talking!*

What are some traumatic events you have heard about?



Connect With Me

*Keep going!*

Everyone reacts differently to traumatic events. What reactions have you seen from other people?



Connect With Me

***Start talking!***

What traumatic events  
have happened to your  
friends and/or family?  
How have they handled it?



Connect With Me

*Keep going!*

How could you help someone who has been through a traumatic event?



Connect With Me



***Start talking!***

Everybody experiences trauma at some point in their life. Who can you talk to about a traumatic event?



Connect With Me

*Keep going!*

What could make it hard to  
heal from a traumatic event?  
What could make it easier?



Connect With Me

## *Icebreaker*

What are your favorite ways to move your body?



Connect With Me

## *Icebreaker*

If you were a fruit, what would you be and why?



Connect With Me

***Start talking!***

How does your body feel  
when you eat healthy foods?  
How does it feel when you  
eat unhealthy foods?



Connect With Me

*Start talking!*

How will eating healthy affect  
your body in the future?



Connect With Me

*Start talking!*

Why doesn't junk food  
grow on trees?



Connect With Me

*Start talking!*

What are some of your favorite healthy drink choices?



Connect With Me



*Start talking!*

What does a healthy body  
feel like to you?



Connect With Me

*Start talking!*

What makes you  
feel strong?



Connect With Me

*Start talking!*

How does your body feel  
after you move it? How  
does your mind feel?



Connect With Me

*Start talking!*

What have you done to  
move your body today?



Connect With Me