

Connect with Me Conversation Cards

Like these cards? Have feedback? Let us know!



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 version available to download through the Wisconsin Department of Health Services website. Para cartas en Español, visite el sitio abajo.

https://dhs.wisconsin.gov/mch/adolescent-health.htm



Adapted by the Eau Claire Health Alliance with permission from the Wisconsin Department of Health Services and Missouri Department of Health and Senior Services.



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.



<u>Tips</u>

- 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:
 - echealthalliance.org/resources
 - o dhs.wisconsin.gov/mch/adolescent-health.htm



About Eau Claire Health Alliance

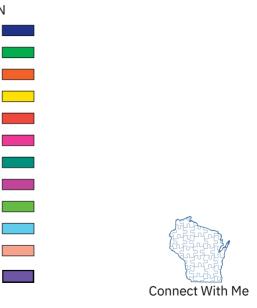
Eau Claire Health Alliance is a local group that works to promote the health and well-being of individuals, families and communities of Eau Claire County through collaborative and focused action. We work together to address the identified health issues below.

- **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 about us at echealthalliance.org.



CATEGORIES FOR DISCUSSION
Ice Breaker
Building Connections
Taking Action
Technology
Relationships
Development
Body Image
Mental Health
Substance Misuse
Growing Up
Tough Stuff
Nutrition and Physical Activity



Would you rather be the worst player on a winning team or 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 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)?



<u>Ice</u> Breaker

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





What are some pet peeves that you have?





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



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



Ice Breaker

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



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



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



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?



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.)



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



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?



Building Connections

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

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





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



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



aking Action

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?



aking Action

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?



Ice Breaker

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



How do people act different 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, e-mail, 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?



Ice Breaker

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





Ice Breaker

Describe the relationships that you have.



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?



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



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



Relationships

Ice Breaker

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



Jevelopment



Ice Breaker

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



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



Jevelopment

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?



<u>Jevelopment</u>

Development

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?



<u>Jevelopment</u>



Ice Breaker

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



Body Image



Ice Breaker

List three things that you like about yourself.





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?



Body Image

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?



Body Image



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





How do differences affect the world?





Ice Breaker

Describe your perfect day.



Ice Breaker

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



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?



<u>Men</u>tal Health



How do you deal with stress?

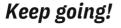


What are five things that you like about yourself?



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?



Mental Health

How did you calm yourself down when feeling angry?



Mental Health

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?



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?



Ice Breaker

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



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



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



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?

Substances

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



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



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?



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



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



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



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



Substances



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?



Substances



What might be some consequences/advantages?



Ice Breaker

What adult privileges are you looking forward to?



Ice Breaker

What adult responsibilities are you not looking forward to?



Growing Up



What big changes are happening in your life?





How do those changes make you feel?



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



Growing Up



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



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



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



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





What would you have done in that situation?





What do you want your future to look like?





What steps do you need to take to get there?



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?
- 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?



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?





What would a perfect family look like? Why?



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?



Stut

ough

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



What messages do you believe? What have you questioned?



What are reasons some people say "no" to sex? What are some reasons people say "yes" to sex?



S L

ough



What should someone do before having sex?



Consider This...

Fough Stuff

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.



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.





What are some traumatic events you have heard about?



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



S-1

DUgh

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



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



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



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



ouen Stuf

Icebreaker

What are your favorite ways to move your body?



Icebreaker

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



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



How will eating healthy affect your body in the future?



Why doesn't junk food grow on trees?



What are some of your favorite healthy drink choices?



What does a healthy body feel like to you?



Nutrition/Physical Activity

What makes you feel strong?



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



What have you done to move your body today?



Nutrition/Physical Activity