



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.



WISCONSIN DEPARTMENT
of HEALTH SERVICES

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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.



Connect With Me

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



Connect With Me

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	



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!

Taking Action

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



Connect With Me

Taking 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?



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!

Technology

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



Connect With Me

Technology

Start talking!

What are some unspoken
rules about texting?



Connect With Me

Keep going!

Technology

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



Connect With Me

Technology

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!

Development

What does puberty mean to you?



Connect With Me

Development

Keep going!

Development

How does it affect male and female bodies differently?



Connect With Me

Development

Start talking!

Development

What physical changes have you experienced?



Connect With Me

Development

Keep going!

Development

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



Connect With Me

Development

Start talking!

What emotional changes
have you experienced?



Connect With Me

Keep going!

Development

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



Connect With Me

Development

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!

Development

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



Connect With Me

Development

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!

Mental Health

How do you deal with stress?



Connect With Me

Mental Health

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!

Mental Health

How did you calm yourself
down when feeling angry?



Connect With Me

Mental Health

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!

Mental Health

How could you encourage
someone else to seek help?



Connect With Me

Mental Health

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!

Growing Up

What would you have done
in that situation?



Connect With Me

Growing Up

Start talking!

What do you want your
future to look like?



Connect With Me

Keep going!

Growing Up

What steps do you need to take to get there?



Connect With Me

Growing Up

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?



Connect With Me



Connect With Me

Ice Breaker

Tough Stuff

What experiences have
you learned from?



Connect With Me

Tough Stuff

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

Tough Stuff

Tough Stuff

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!

Tough Stuff

What messages do you believe?
What have you questioned?



Connect With Me

Tough Stuff

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!

Tough Stuff

What should someone
do before having sex?



Connect With Me

Tough Stuff

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!

Tough Stuff

What are some traumatic events you have heard about?

Tough Stuff



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!

Tough Stuff

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



Connect With Me

Tough Stuff

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!

Tough Stuff

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



Connect With Me

Tough Stuff

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