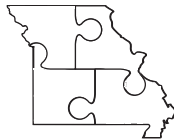


HOW TO USE THESE CARDS

- 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) When using these cards to connect, remember that 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.



Visit health.mo.gov/connect for instructions regarding how to order more cards, a phone number for further information, as well as resources you may need in order to be better equipped for these conversations.

Start talking!

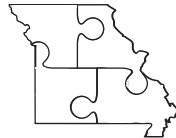


Connect with Me

CATEGORIES FOR DISCUSSION

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

Start talking!



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