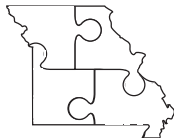


HOW TO USE THESE CARDS

- 1) 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.
- 2) 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.
- 3) Icebreakers start the conversation in a relaxed way. Each category also has an “icebreaker” card to get you started on that specific topic.
- 4) 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.

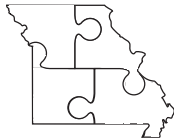
Continued on other side...



Connect with Me

HOW TO USE THESE CARDS

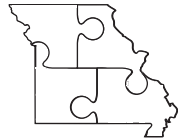
- 5) When using these cards to connect, remember that there are no right or wrong answers to these questions.
- 6) Youth may bring up thoughts or ideas that differ from your own. Challenge yourself to keep an open mind when having these discussions with young people.
- 7) No card set could cover everything you need to discuss about “The Tough Stuff”, but in this topic there are a few questions to start some difficult conversations.
- 8) To order more cards and find resources for each category, visit the Connect with Me website.
- 9) Spanish version available to download through the website. Para cartas en Español, visite el sitio abajo.



Connect with Me

CATEGORIES FOR DISCUSSION

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



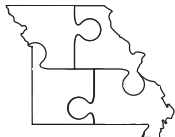
Connect with Me

Connect with Us at:

<https://health.mo.gov/connect>

and

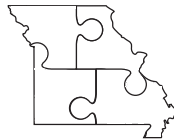
#ConnectwithMe



Connect with Me

Start talking!

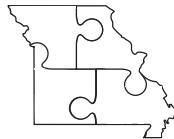
Would you rather be the worst player on a winning team or best player on a losing team? Why?



Connect with Me

Start talking!

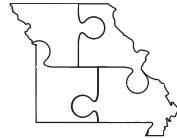
If you could describe yourself as one type of ice cream, what would it be? Why?



Connect with Me

Start talking!

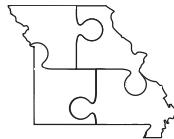
What interesting thing
happened today?



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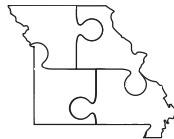
_____ has been all over the news lately. What have you been hearing about this?



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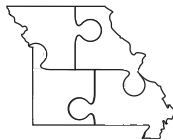
If you could have any super power, what would it be?



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Keep going!

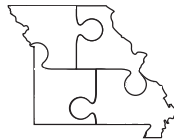
What would you do with that
super power?



Connect with Me

Start talking!

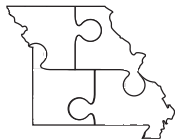
What sorts of things do you do after school (like sports, volunteer, hang-out, work or clubs)?



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Keep going!

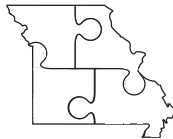
What are other activities that you would like to do? What is keeping you from doing it?



Connect with Me

Ice Breaker

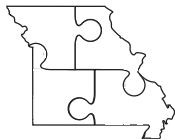
What are some pet
peeves that you have?



Connect with Me

Ice Breaker

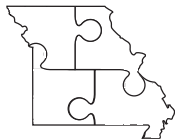
If you won a million dollars,
how would you spend the
money?



Connect with Me

Ice Breaker

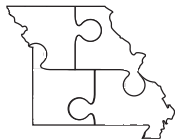
What animal represents you the best? Why did you choose that animal?



Connect with Me

Ice Breaker

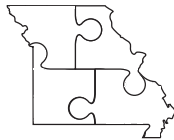
If you could be on any reality or game show, which one would it be and why?



Connect with Me

Ice Breaker

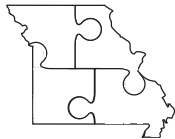
Would you rather be alone on an island or be with someone who never stops talking?



Connect with Me

Ice Breaker

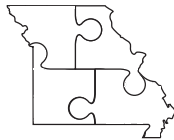
How do you find a common interest with someone you just met?



Connect with Me

Start talking!

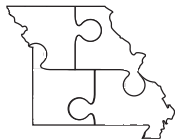
What are some things you love about school?



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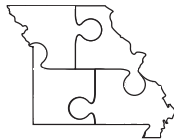
What are some things you would change?



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Start talking!

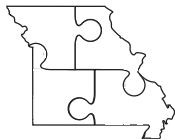
What is your favorite tradition?
What makes you like it the most?



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Keep going!

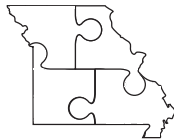
What traditions would you like to pass on to others?



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Start talking!

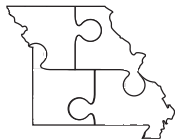
What does a good role model look like? Is _____ a good role model? (Include well known figures, local community members, etc. Do not include family members.)



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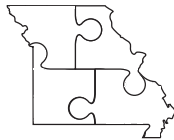
What differences would there be in a role model for teens versus adults?



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Start talking!

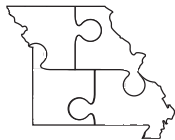
When you need to talk about something important, who do you turn to?



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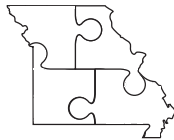
How do you choose who to talk to about certain things?



Connect with Me

Start talking!

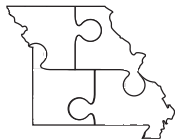
What was the best part of your day? Why?



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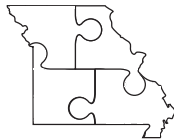
What was the worst part of your day? Why?



Connect with Me

Start talking!

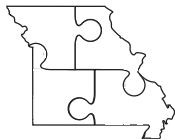
How do teachers try to encourage and show they care about you and other students?



Connect with Me

Keep going!

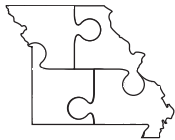
What would you rather they do to show encouragement and care to students?



Connect with Me

Ice Breaker

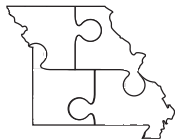
If you could get everyone's attention in the world for one minute, what would you say or do? Why?



Connect with Me

Ice Breaker

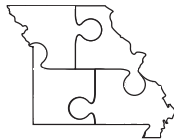
If you could solve one problem in the world, what would it be?



Connect with Me

Start talking!

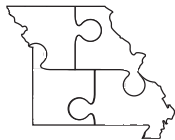
What do you like about where you live? What do you dislike?



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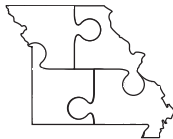
What could you do to make it better? What could others do to make it better?



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Start talking!

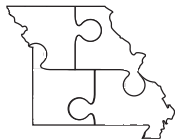
What kinds of things do you see happen that make you feel uncomfortable?



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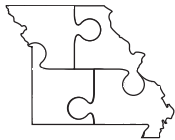
What do people do when these things happen? What could you do?



Connect with Me

Start talking!

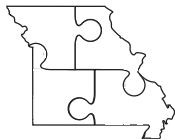
What does bullying look like
at school? In our community?



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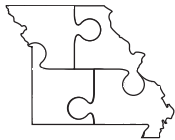
Why is it difficult to step in when people are bullying? What could make it less difficult?



Connect with Me

Start talking!

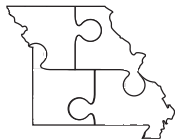
What are some signs that someone may be experiencing abuse?



Connect with Me

Keep going!

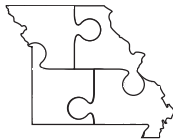
Who could you tell if you found out a friend is in an abusive situation?



Connect with Me

Start talking!

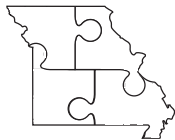
What does the word respect
mean to you?



Connect with Me

Keep going!

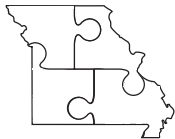
How do people show each other respect?



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Start talking!

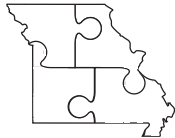
What does it mean to lose
respect for someone?



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Keep going!

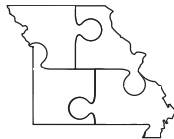
If you ever lost respect for someone, how did that affect your relationship?



Connect with Me

Start talking!

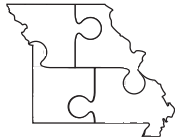
Are there things that happen during the school day that cause you to feel unsafe? What kinds of things?



Connect with Me

Keep going!

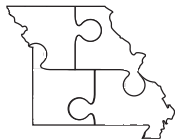
What are ways to make students feel safer at school during the school day?



Connect with Me

Ice Breaker

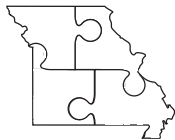
Would you rather have a phone but no one to be social with, or spend a day with friends but have no phone?



Connect with Me

Ice Breaker

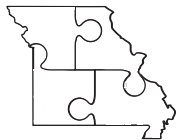
What is your favorite website, social media platform, or way to connect? Why?



Connect with Me

Start talking!

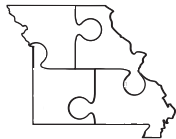
How do people act different
online versus in person?
What makes it different?



Connect with Me

Keep going!

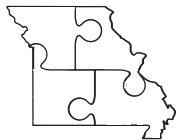
How do you wish people
would treat each other online?
What would that look like?



Connect with Me

Start talking!

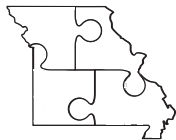
I've heard the term
"cyberbullying."
What does that mean?



Connect with Me

Keep going!

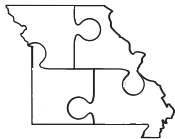
What does cyberbullying have in common with in-person bullying? What's the difference?



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Start talking!

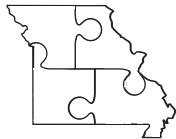
Do your friends share their passwords (phone, e-mail, social media)? Do you think it's OK to do this?



Connect with Me

Keep going!

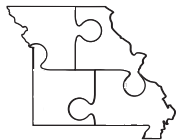
What if they are sharing with family? A dating partner?



Connect with Me

Start talking!

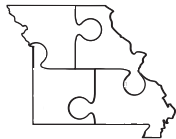
How do you decide who to share your passwords with?



Connect with Me

Keep going!

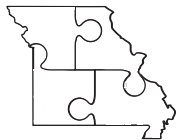
What would you do if someone asked for your password and you didn't want to share it?



Connect with Me

Start talking!

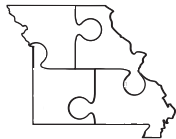
What are some unspoken rules about texting?



Connect with Me

Keep going!

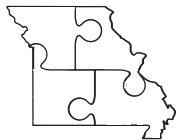
How do you feel when
someone texts you too much?
Doesn't text you back?



Connect with Me

Start talking!

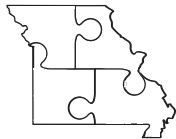
What are the advantages of using technology to communicate? What are the risks of using technology to communicate?



Connect with Me

Keep going!

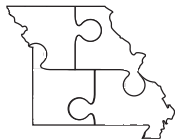
How can a person keep
themselves safe?



Connect with Me

Ice Breaker

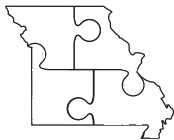
If you could take a trip anywhere, where would you go and who would you take?



Connect with Me

Ice Breaker

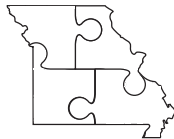
Describe the relationships
that you have.



Connect with Me

Start talking!

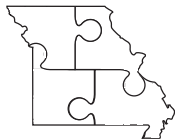
What's the difference between "someone you know, but are not close with" and "someone who is your friend?"



Connect with Me

Keep going!

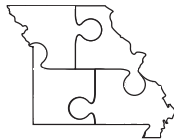
What steps would you take to become friends with someone?



Connect with Me

Start talking!

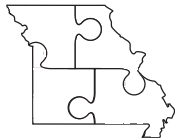
Which qualities are especially difficult to find in a friend?



Connect with Me

Keep going!

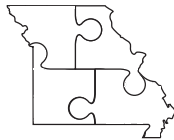
Are you a good friend according to the qualities you mentioned?
What can you do to be an even better friend?



Connect with Me

Start talking!

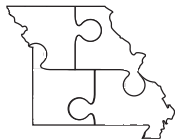
Has a friend ever upset you?
Why did they upset you?



Connect with Me

Keep going!

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

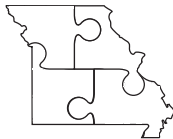


Connect with Me

Start talking!

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

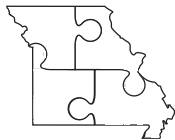
(e.g. books, movies, TV, etc.)



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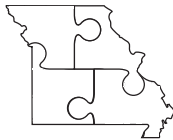
How are break-ups different
in real life than in the media?



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Start talking!

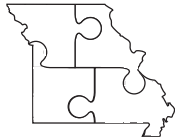
Describe your idea of a healthy and happy relationship. How would you treat each other?



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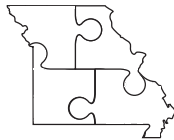
What are the things that you won't put up with in a relationship?



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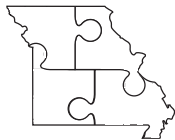
Is being in a relationship important to you? Is it important to your friends? Why?



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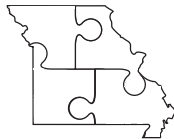
What can be fun about dating?
What's not so fun about dating?



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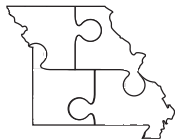
How does your partner respond when you say no or set a boundary?



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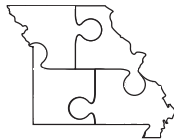
All relationships have conflict.
How do you both handle
conflict in this relationship?



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Ice Breaker

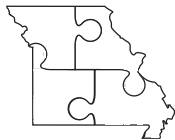
If you could trade places with anyone in the world, who would it be? Why?



Connect with Me

Ice Breaker

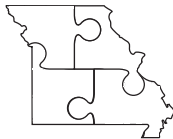
What would the world be like
if everyone was the same?



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Start talking!

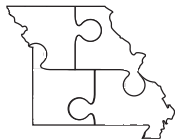
Think about life in elementary school. What do you miss about it? What don't you miss?



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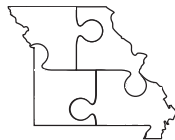
Think about life as a teenager.
What do you like or are excited
about? What don't you like or
makes you nervous?



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Start talking!

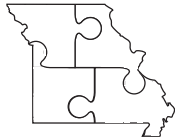
What does puberty mean to you?



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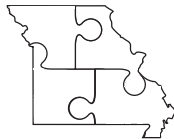
How does it affect male and female bodies differently?



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Start talking!

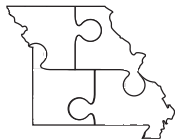
What physical changes have you experienced?



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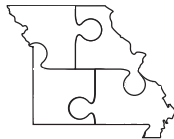
What was the hardest change for you? Where did or could you go for advice?



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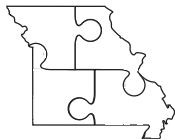
What emotional changes
have you experienced?



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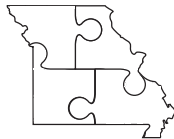
What was the hardest change for you? Where did or could you go for advice?



Connect with Me

Start talking!

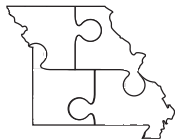
Body changes start at all different times. How would it feel to be one of the first or last to go through these changes?



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Keep going!

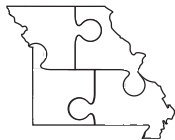
Are your friends going through the same body changes? How do you compare?



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Ice Breaker

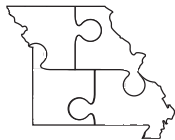
If you had a theme song,
what would it be? Why?



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Ice Breaker

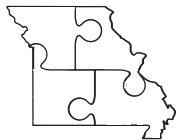
List three things that you like about yourself.



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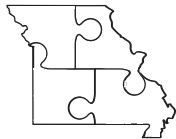
What do you think a healthy body looks like?



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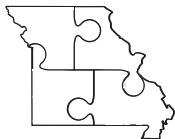
What is healthy
about your body?



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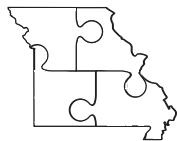
How does what you see in the media/ads make you feel about your body?



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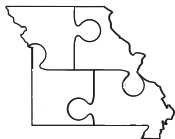
Is it realistic to compare bodies in the media to people in your everyday life?



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Start talking!

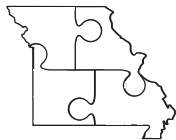
What would your friends say are your best features?
(physical or otherwise)



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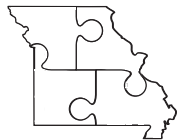
Do you agree with your friends?
Would you add to or take away
anything from that list?



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Start talking!

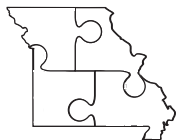
What does “body image” mean to you?



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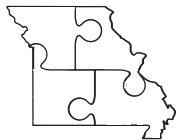
What can positively and negatively influence a person's body image?



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Start talking!

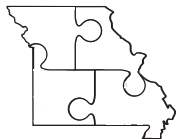
What would the world look like if we all looked the same?



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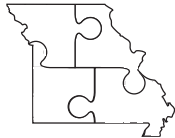
How do differences
affect the world?



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Ice Breaker

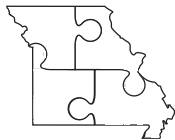
Describe your perfect day.



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Ice Breaker

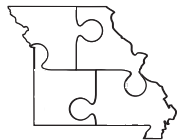
If you described your day using emojis, what would it look like?



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Start talking!

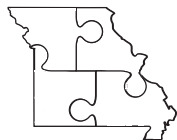
What does it mean
to you to be happy?



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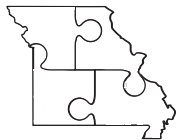
Is it realistic to be
happy all the time?



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Start talking!

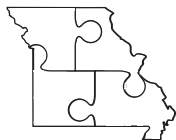
When have you felt stressed?
What makes you feel stressed?



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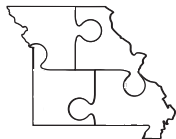
How do you deal with stress?



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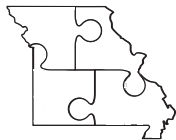
What have you heard people say that has hurt someone's feelings?



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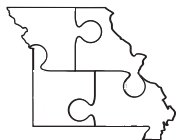
How did you feel or what did you do when you heard those things?



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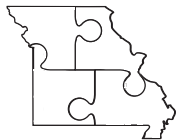
Describe the last time you felt angry. How did you handle that situation?



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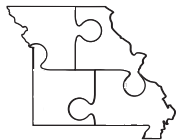
How did you calm yourself
down when feeling angry?



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Start talking!

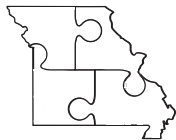
Sometimes emotions are hard to control. If you or a friend needs help who could you talk to?



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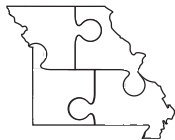
How would you encourage someone else to seek help?



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Ice Breaker

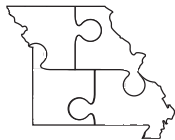
Would you rather go to a party with a lot of people you barely know or spend time at home with a few close friends?



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Ice Breaker

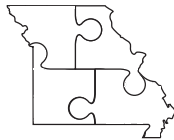
What is your favorite commercial jingle? Can you sing it?



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Start talking!

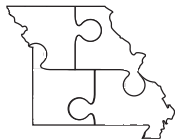
What are you hearing about
substance abuse?



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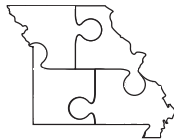
Do those messages make a difference?



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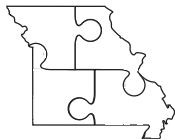
How do you define substances?
Give a list of examples.



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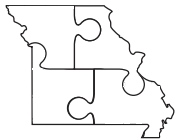
What kind of substance are you aware of in your school/ community?



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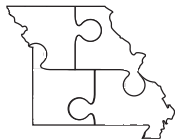
What are some examples of drugs and alcohol used in the media?



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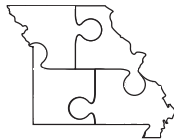
How do these examples affect decisions you and your friends make?



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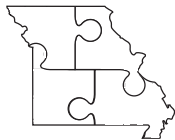
What effects of substance use
have you seen?



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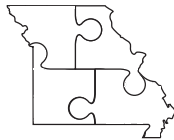
How does that make you feel?



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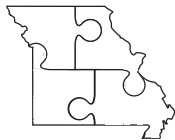
Why do you think some young people use substances?



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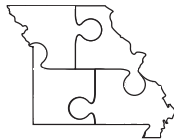
What might be some
consequences/advantages?



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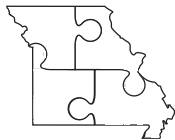
Why do you think some young people choose not to use substances?



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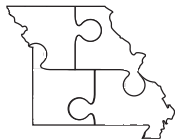
What might be some
consequences/advantages?



Connect with Me

Ice Breaker

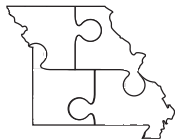
What adult privileges are you looking forward to?



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Ice Breaker

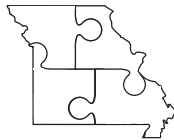
What adult responsibilities are you not looking forward to?



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Start talking!

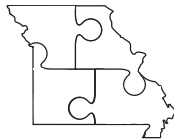
What big changes are
happening in your life?



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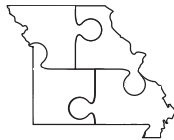
How do those changes
make you feel?



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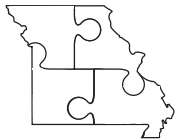
What are you doing to prepare for _____? (An upcoming change/transition).



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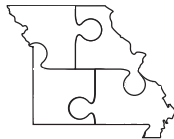
What do you still need to learn to feel ready? Where can you find help?



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Start talking!

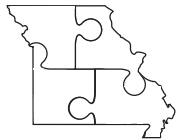
What are you most looking forward to in the next few years?



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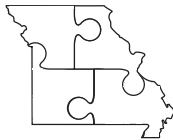
What obstacles do you think you will face? What are your plans to overcome them?



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Start talking!

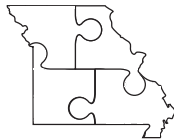
Change often brings stress. Do you know anyone that went through a big life change? How did they cope?



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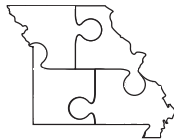
What would you have done in that situation?



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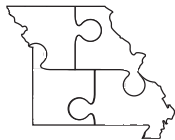
What do you want your future
to look like?



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Keep going!

What steps do you need to take
to get there?



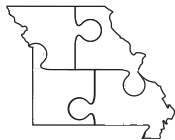
Connect with Me

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...”

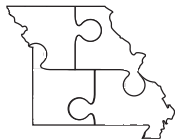
- Manage money? (pay taxes, credit/debit cards, budgeting, online banking, apply for loans)
- Schedule health related appointments?
- Do laundry?
- Cook healthy meals?
- Use public transportation and vehicle maintenance?
- Find employment?
- Practice good hygiene?
- Interview and follow a dress code?
- Wake up and be on time (punctual)?
- Have manners or be respectful of others?
- Communicate effectively with others?



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Ice Breaker

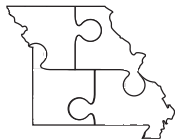
What experiences have
you learned from?



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Ice Breaker

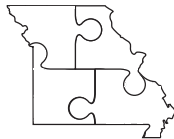
What topics do you talk about with friends that you would not normally with an adult? Who do you think knows more about those topics?



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Start talking!

What would a perfect family look like? Why?

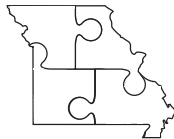


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How do you want your future family to be different from the family you have now?

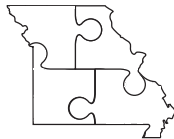
How do you want it to be the same?



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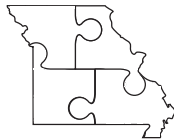
Messages about sex are all around us. Where are you getting your information about sex?



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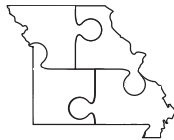
What messages do you believe? What have you questioned?



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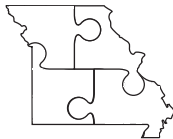
What are reasons some people say “no” to sex? What are some reasons people say “yes” to sex?



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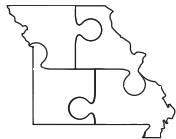
What should someone do
before having sex?



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Consider This...

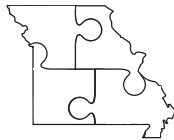
Trauma can be defined as, “a deeply distressing or disturbing experience.” Each person’s experience is different, so one may see an event as traumatic while another does not.



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Consider This...

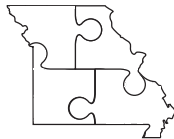
Different types of traumatic events that may need to be discussed could include divorce, break-ups, bullying, suicide attempt or a death of someone, family or dating violence, natural disasters, sexual abuse, etc.



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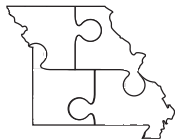
What are some traumatic events you have heard about?



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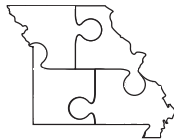
Everyone reacts differently to traumatic events. What reactions have you seen from other people?



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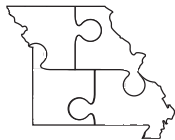
What traumatic events have happened to your friends and/or family? How have they handled it?



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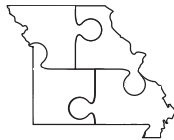
How could you help someone who has been through a traumatic event?



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Start talking!

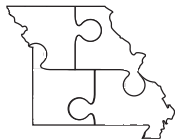
Everybody experiences trauma at some point in their life. Who can you talk to about a traumatic event?



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



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