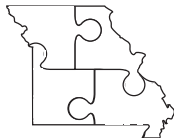


## HOW TO USE THESE CARDS

- 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.

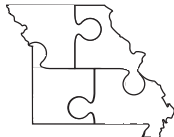
**Continued on other side...**



**Connect with Me**

## HOW TO USE THESE CARDS

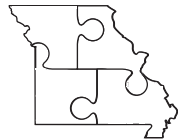
- 5) When using these cards to connect, remember that there are no right or wrong answers to these questions.
- 6) Youth may bring up thoughts or ideas that differ from your own. Challenge yourself to keep an open mind when having these discussions with young people.
- 7) No card set could cover everything 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



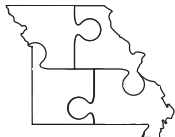
**Connect with Me**

**Connect with Us at:**

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

**and**

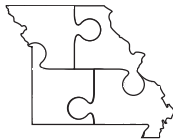
**#ConnectwithMe**



**Connect with Me**

## ***Start talking!***

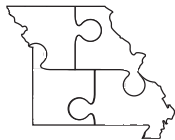
How does your partner respond when you say no or set a boundary?



**Connect with Me**

## *Keep going!*

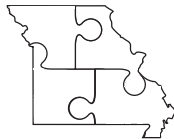
All relationships have conflict.  
How do you both handle  
conflict in this relationship?



**Connect with Me**

***Start talking!***

What would a perfect family look like? Why?

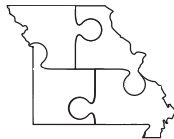


**Connect with Me**

## ***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?

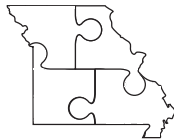


**Connect with Me**



## ***Start talking!***

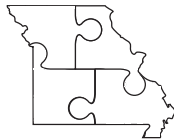
Messages about sex are all around us. Where are you getting your information about sex?



**Connect with Me**

***Keep going!***

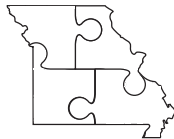
What messages do you believe? What have you questioned?



**Connect with Me**

## ***Start talking!***

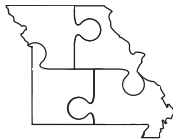
What are reasons some people say “no” to sex? What are some reasons people say “yes” to sex?



**Connect with Me**

***Keep going!***

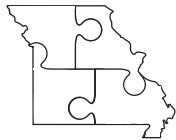
What should someone do  
before having sex?



**Connect with Me**

## **Consider This...**

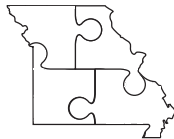
*Trauma can be defined as, “a deeply distressing or disturbing experience.” Each person’s experience is different, so one may see an event as traumatic while another does not.*



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## **Consider This...**

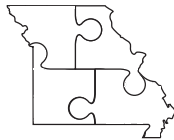
*Different types of traumatic events that may need to be discussed could include divorce, break-ups, bullying, suicide attempt or a death of someone, family or dating violence, natural disasters, sexual abuse, etc.*



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***Start talking!***

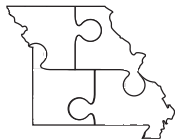
What are some traumatic events you have heard about?



**Connect with Me**

## ***Keep going!***

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

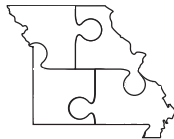


**Connect with Me**



## ***Start talking!***

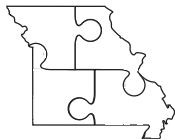
What traumatic events have happened to your friends and/or family? How have they handled it?



**Connect with Me**

## ***Keep going!***

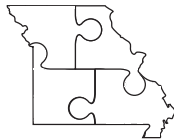
How could you help someone who has been through a traumatic event?



**Connect with Me**

## ***Start talking!***

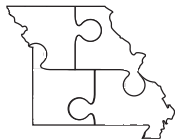
Everybody experiences trauma at some point in their life. Who can you talk to about a traumatic event?



**Connect with Me**

## ***Keep going!***

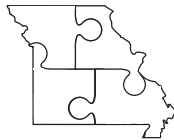
What could make it hard to heal from a traumatic event? What could make it easier?



**Connect with Me**

***Start talking!***

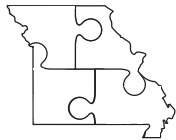
What big changes are  
happening in your life?



**Connect with Me**

***Keep going!***

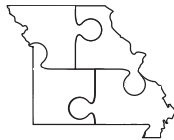
How do those changes  
make you feel?



**Connect with Me**

## ***Start talking!***

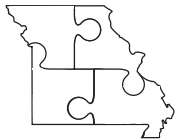
What are you doing to prepare for \_\_\_\_\_? (An upcoming change/transition).



**Connect with Me**

***Keep going!***

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

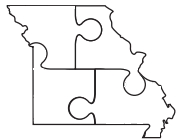


**Connect with Me**



***Start talking!***

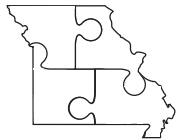
What are you most looking forward to in the next few years?



**Connect with Me**

***Keep going!***

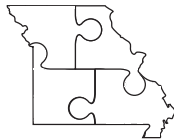
What obstacles do you think you will face? What are your plans to overcome them?



**Connect with Me**

## ***Start talking!***

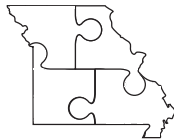
Change often brings stress. Do you know anyone that went through a big life change? How did they cope?



**Connect with Me**

***Keep going!***

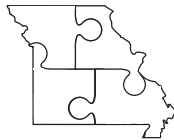
What would you have done in that situation?



**Connect with Me**

***Start talking!***

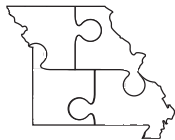
What do you want your future  
to look like?



**Connect with Me**

***Keep going!***

What steps do you need to take  
to get there?



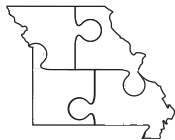
**Connect with Me**

# 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?
- 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**