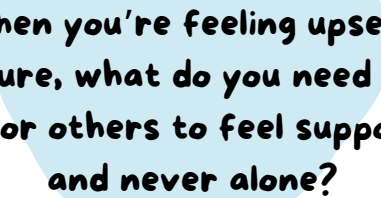
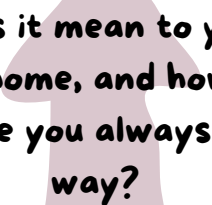


# CONVERSATIONS FOR CHANGEMAKERS

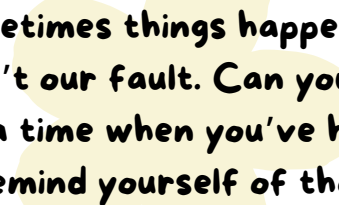
All children are navigating a world full of challenges and opportunities to grow. These conversation starters are designed to help open up discussions about mental well-being, emotions, and healthy relationships. Use these prompts to create a safe space for your child to express themselves, build courage and resilience, and feel supported as they grow into changemakers in their communities. Listen with care and respect, and approach each conversation with patience and without judgment.



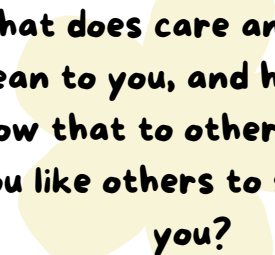
When you're feeling upset or unsure, what do you need from me or others to feel supported and never alone?



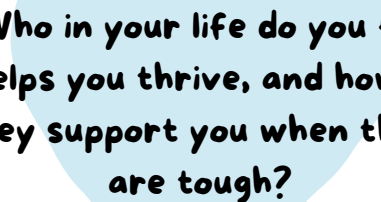
What does it mean to you to feel safe at home, and how can we make sure you always feel that way?



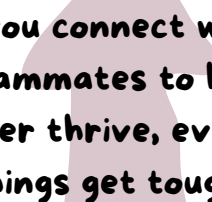
Sometimes things happen that aren't our fault. Can you think of a time when you've had to remind yourself of that?



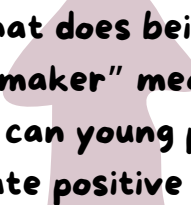
What does care and respect mean to you, and how do you show that to others? How do you like others to show it to you?



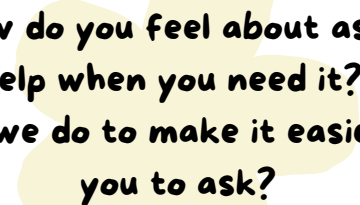
Who in your life do you feel helps you thrive, and how do they support you when things are tough?



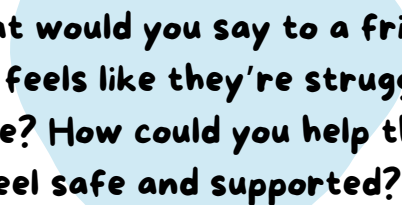
How do you connect with friends or teammates to help one another thrive, even when things get tough?



What does being a "changemaker" mean to you, and how can young people like you create positive change?



How do you feel about asking for help when you need it? What can we do to make it easier for you to ask?



What would you say to a friend who feels like they're struggling alone? How could you help them feel safe and supported?