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	What does it mean to you to feel	Sometimes things happen that
unsure, what do you need from	safe at home, and how can we	aren't our fault. Can you think
me or others to feel supported	make sure you always feel that	of a time when you've had to
and never alone?	way?	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	How do you feel about asking	What would you say to a friend
"changemaker" mean to you,	for help when you need it? What	who feels like they're struggling
and how can young people like	can we do to make it easier for	alone? How could you help them
you create positive change?	you to ask?	feel safe and supported?



Safe At Home is dedicated to helping children and families heal from trauma through education, counseling, and support. Our Margaret's Place programs provide students with a safe space in schools, where they can access counseling, peer leadership opportunities, and learn to build healthy relationships. Together, we create safer, braver spaces for young people impacted by violence and trauma. | Learn more at joetorre.org

