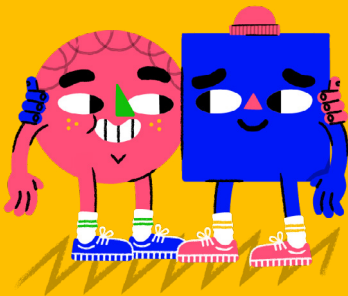


# CONVERSATION STARTERS

for 10-13 year olds



GLOBAL  
BOYHOOD  
INITIATIVE

coordinated by  equimundo

# HOW TO USE THIS DECK


**Getting kids to open up isn't always easy.  
We hope these Conversation Starters help.**

We encourage you to bring an open mind to using the questions in this deck.

These cards can be used together with other Global Boyhood Campaign tools and content, or they can be used on their own.

Be sure to tell us @BoyhoodInitiative on Instagram how things went!

*Just know: It's totally okay if there are awkward moments, or long stretches of silence.*

A decorative graphic in the bottom right corner of the page. It features a thick blue circle that is partially cut off by the bottom edge. A thick pink line starts from the top right, extends horizontally to the left, then turns vertically downwards, passing through the top of the blue circle, and finally turns horizontally to the right, extending towards the right edge of the page.

## PARENT TIPS



**Your 10-13 year old is learning how to develop complex relationships, create multiple solutions, and are experiencing more self-consciousness, moodiness and distance, and developing their individuality. With these questions, you can start conversations aiming to help your child express and cope with sadness or depression, peer pressure and to differentiate between healthy and unhealthy relationship dynamics.**

# HOW TO KEEP KIDS TALKING

- Put your phone away so you can give your full attention
- Create space for kids to express their emotions by reaffirming the conversation is confidential
- Take them seriously: show them you believe and value what they are sharing
- Show that you're listening: nod, repeat what you hear, ask clarifying questions
- Be aware of your actions and facial expressions
- Stay open-minded; don't assume you know how they will respond
- Ask follow-up questions: *"Tell me more about that."*
- Allow uncomfortable silences; try counting to 10 before breaking the silence
- Encourage them to make connections to broader social justice issues and to the world around them



Is there someone you  
talk to about how you're  
**FEELING?**


If so, who is that person?

What makes you  
comfortable with them?

If not, can you tell me more  
about that?

**SHARE EMOTIONS IN HEALTHY WAYS**





What would you do  
if you were mad at a

# **FRIEND OR FAMILY MEMBER?**

How could you share your  
feelings and work towards  
a solution?

**SHARE EMOTIONS IN HEALTHY WAYS**

What do you think it means to be

**DEPRESSED?**

**ANXIOUS?**



What could someone do if  
they are feeling depressed?  
Anxious?

What could you do if you feel  
depressed or anxious?

SHARE EMOTIONS IN HEALTHY WAYS



Do you feel comfortable  
**TALKING  
TO BOYS?  
TO GIRLS?**



Can you tell me more about that?

**ACCEPT AND CONNECT WITH OTHERS**





The background is a solid yellow color. There are several abstract geometric shapes: a green L-shaped line in the top left, a blue triangle on the right side, and a green circle at the bottom right.

How do you

# **HANDLE STRESS?**

How do your friends handle stress or challenges?

What are the similarities or differences? Can you tell me more about that?

**ACCEPT AND CONNECT WITH OTHERS**

Are most of your friends

# **SIMILAR OR DIFFERENT**

from you?

What do you appreciate about  
your friends' differences?



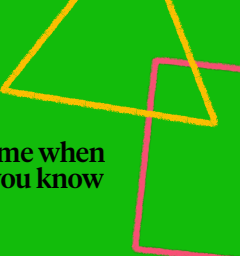
How does it feel when someone  
**MAKES FUN  
OF YOU?**

What do you do if you see someone  
being bullied online (social media /  
video games) or in person?

What could you do to help them?

**STAND UP & SPEAK OUT AGAINST BULLYING & INEQUALITY**





Tell me about a time when  
you or someone you know

**WERE  
TREATED  
DIFFERENTLY**

because of your identity (race,  
gender, sexual orientation, etc).

Who is hurt by social injustices?

What can you do about it (at home, at  
school, in your community)?

**STAND UP & SPEAK OUT AGAINST BULLYING & INEQUALITY**



Who do you know that's very  
**DIFFERENT  
FROM YOU?**

What makes them different?

What do you appreciate about them?

How can you learn more about other  
people who are different from you?

**STAND UP & SPEAK OUT AGAINST BULLYING & INEQUALITY**





Do you think there's a  
certain way people

**EXPECT  
YOU TO  
LOOK  
OR ACT**

because of your gender? Why?



**BREAK FREE FROM STEREOTYPES**



Are there ways that you see

**BOYS AND  
GIRLS BEING  
TREATED  
DIFFERENTLY**

by adults?



How do you feel about that?

**BREAK FREE FROM STEREOTYPES**

Are there things you would  
do if you didn't think

**PEOPLE  
WOULD  
JUDGE  
YOU OR  
MAKE FUN  
OF YOU?**

What would they be and why?

**BREAK FREE FROM STEREOTYPES**