



STUDENT CONVERSATION STARTERS

AT THIS POINT IN YOUR LIFE, YOU'RE LEARNING A LOT.

Your teachers are there to answer questions about geometry, literature, and even world history—but what about biology? No, we're not talking about mitochondria. More along the lines of the important changes occurring in your body and personal life. That's right, puberty.

Because you may not be learning this vital information in school, you can take matters into your own hands and bring the conversation home.

Keeping your family's values in mind, use these questions to kick off the sex talk with your parents. By initiating these conversations, they can equip you with all the necessary information (even the nitty gritty details). After that?

Make sure you are doing what you can to get the same information into your school.

MENTAL HEALTH AND BULLYING

1. How do I deal with bullies?
2. How do I recognize if I'm being bullied?
3. Who can I go to if I or someone I know is being bullied?
4. What does self-esteem mean?
5. I have low self-esteem when it comes to (my appearance, social interaction, my grades, etc).
6. What I see in the media (movies, TV, ads, online) is giving me a negative perception of myself.
7. What steps can I take to positively change my self-esteem?
8. How can I handle uncomfortable situations?
9. How does stress affect my body?
10. I'm not sleeping well due to stress
11. School is stressing me out
12. How do I know if I'm stressed?
13. What can I do to not feel stressed?
14. What is anxiety and how is it different from everyday stress?
 - I'm experiencing (fatigue, sweating, racing thoughts, fear, insomnia, poor concentration, abnormal heartbeat, nausea, chronic indigestion, or other symptoms of anxiety).