



CAREGIVER CONVERSATION STARTERS

CONSIDER THIS GUIDE AS A FIRST STEP in empowering the youth in our lives with the information they need to navigate puberty and beyond. With smartphones and information always within reach, each of the following topics is something our youth are going to encounter. Shouldn't they be getting the right information?

Start the conversation you want to have with your child and equip them with the information they need (even the nitty gritty details). After that? Make sure they are getting the same information at school.

Questions to consider before talking to your kids

- » What are our family/religious values and how does that affect our views on sex education?
- » How can we incorporate them into a discussion about sexual health?

MENTAL HEALTH AND BULLYING

1. What do you think makes a relationship healthy or unhealthy?
2. What are some the signs of physical and emotional abuse?
3. Do you know the difference between physical and emotional bullying?
4. Have you ever been bullied?
5. Have you ever bullied anyone?
6. Do you know what cyberbullying is?
7. Do you know what self-esteem is?
8. How do you handle feeling frustrated?
9. Do you like trying new things?
10. How do you like to receive praise? What makes you feel proud?
11. How is your school work going?
12. What are some things you are good at?
13. What are some things you enjoy doing?
14. Have you noticed any mood swings?
15. Do you know what anxiety is?
16. Do you often experience fatigue, sweating, racing thoughts, fear, insomnia,
17. poor concentration, abnormal heartbeat, nausea, chronic indigestion, or other symptoms of anxiety?
18. What stresses you out?
19. How do you manage your feelings when you're stressed?
20. Are you having trouble sleeping?

For more information on these topics and others, please visit the [Geaux Talk Resource Page at GeauxTalk.org/resources/](http://GeauxTalk.org/resources/).