

Conversation Starters

Prompts for talking with young people about what matters

FOR PARENTS, COACHES, TEACHERS, AND COUNSELORS

BEGINNING OF SCHOOL

- How are you feeling about the start of school?
- What are you excited about?
- What might you be nervous about?
- How do you think other kids are feeling?
- What's one thing you can tell yourself during the day to help you?

TRYING OUT FOR THE TEAM, THE PLAY, OR THE CLUB

- What made you want to go for this?
- How are you feeling going into it?
- Where are you feeling that in your body?
- What would it mean to you to make it?
- What would you tell a friend who was trying out and feeling nervous?

NOT MAKING IT / HARD DAYS

- What are you feeling right now?
- Where are you feeling it in your body?
- Is there anything you wish had gone differently?
- What do you think you need right now — space, company, or something else?

BEFORE A HARD CONVERSATION

With a friend, coach, or teacher:

- What's making this feel hard to bring up?
- What do you most want the other person to understand?
- What are you afraid might happen if you say it?
- What would feel like a good outcome?