

CONVERSATION FLASHCARDS



We've heard from many practitioners that sometimes you need or want to have important conversations with a young person (or several) about violence and staying safe, but you may be short on time or feel unsure of what to say.

These TRUE flashcards have been designed with this in mind.

These cards will support you in starting quick and semi-guided conversations with young people.

Issues covered include: causes, prevention, staying safe, getting help

- The questions have been designed to encourage some gentle self-reflection on the topic of violence and staying safe.
- These can be used on an ad-hoc basis, as and when you see fit.
- You can use as many or as few as you (or the young person) have time for.
- Use the questions as a guide but broaden the conversation wherever you feel.
- Try to consider in your discussions both what happens in the real world and online/ social media.
- Remember you still need to consider the TRUE principles when using them:

TALK

Create open and honest dialogue with young people. Help them build meaningful, respectful relationships where they are treated as equals.

RECOGNISE

Acknowledge what's happening and recognise their feelings and fears, without adding more. Offer up the facts and share information about the consequences, in all their forms.

UNDERSTAND

Demonstrate empathy and show you're trying to understand by truly listening to their experiences. Give them space to talk freely with no judgement or instruction.

EMPOWER

Help young people understand their own capabilities. Offer up suggestions or prompts for them to question things and reinforce positive behaviors.

Ideas for use:

Idea 1:

As a group discussion prompt — simply select one of the question cards at random and use as a prompt for discussion. This could be great for sessions with small groups of young people (e.g. fewer than 10) or limited time (e.g. 10 mins). This could work well as a short, simple exercise to warm-up a group, or a way to end a session.

Idea 2:

Use the cards as prompts to help you start one-to-one conversations with young people who may need extra time, listening and encouragement to talk about their views and concerns about staying safe.



How are you?

Do you feel okay – do you feel safe?

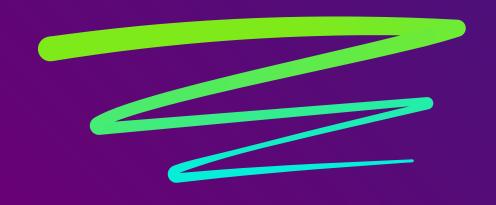


What do you think causes conflict or violence between young people?



What influences how you feel—what do you see and hear?

How does this change the way you feel and the way you behave?





Where do you go that feels safe?

Do you have particular places, and why?



What would you do if you were concerned for a friend's safety?



How do you stay safe and avoid conflict online?





You make your own choices. So, what are your best ways to avoid conflict or to de-escalate a situation?



Who are the trusted adults around you that will give you good advice on staying safe and out of trouble?

